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Massachusetts

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

JANUARY 1976

A MONTHLY REPORT

IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS

Collection
JAN Rec'd
University of Massachusetts

PROTECTING ANONYMITY

Questions are raised often by school food service personnel, school administrators, teachers and parents regarding collection methods which work effectively to insure the anonymity of needy children. Each school system has the responsibility to establish a free and reduced price meal policy and to set up procedures to assure that students receiving free or reduced price meals are not overtly identified. Your duty as school lunch administrator is to encourage students to participate in the programs without fear of being embarrassed or singled out even though they are unable to pay the full price for their food.

Perhaps this would be a good time for you to review your system as an outside observer to determine if any procedures could be changed to further protect the identity of those receiving free and reduced price meals. Ask yourself the following questions:

- Is there a bottleneck at your cashier's station which slows down your lunch line and increases the visibility of students receiving free or reduced meals?

- Are you encouraging paying students to participate in the food service programs?

- If your budget allows do you offer discounts on weekly or monthly tickets?

- Are signs posted clearly by the cashier's station and serving area and does your school advertise that all students may purchase lunch tickets?

Below are some sample methods used by other school systems that you may find helpful if changes will improve your free and reduced price system.

1) A cash system is used at noon which is supplemented by

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COMMODITIES EXPECTED TO BE AVAILABLE FOR FEBRUARY 1975

Frozen Ground Beef	Peanut Butter
Peanut Oil	Dry Milk
Shortening	Cheese, Chopped for Pizza
Mayonnaise	Chicken, Cnd.
Cnd. Beef & Gravy	Margarine

Shipping and purchasing difficulties may make some variation in the above list.

MAYONNAISE

The processing contract for making bulk peanut oil into mayonnaise has been awarded to the Doxsee Corporation of Baltimore, Maryland. If the USDA is able to meet our shipping date, the mayonnaise could be available in February.

Caution your delivery man to handle these cases gently. If the case is dropped heavily, the covers on the plastic bottles will pop off. It is important to know that this happens to plastic jugs, but not to glass. The warehouses have been instructed to tell the drivers of pick up vehicles to handle these cases with care.

FLOUR

Yes, a limited amount of this commodity will be available in February or March. Our share will be 800,000 pounds, which is about one pound per child per month. We had hoped for a larger purchase rather than a one month's supply.

MARGARINE

The USDA has contracted to have peanut oil made into margarine. Our present supply of butter will take care of your requests for January, and then for February the margarine may be available.

EVAPORATED MILK

If you happen to have any of this commodity on hand be sure and turn the cases over, or if the cans are on a shelf, turn them over. This was left over from the Needy Family program and after a period of years, it will thicken and spoil if not turned over first.

FIRST IN FIRST OUT

We are still finding instances where the commodities that arrived last are being used first. When you receive your latest delivery of commodities, be certain that it is piled in back of the oldest stock. Most cases are dated, but it might assist you if you were to mark the receiving date on the side or top of the cases thereby making it possible to readily tell which cases are the oldest.

Cont'd from page 1

tickets issued for needy, reduced and pre-purchasing students. Pre-purchased tickets eliminates making change which slows the lunch line. All tickets are identical except for the placement of coded numbers or letters. A ticket reads "Lunch Ticket" and on the free tickets a three lettered stamped initial is printed at the left, on reduced the stamp is slightly nearer the center and on pre-paid the stamp is at the right of the ticket. Needy and reduced tickets may be distributed once a week and paid tickets any day. Signs in the cafeteria tell students where they may purchase tickets and when.

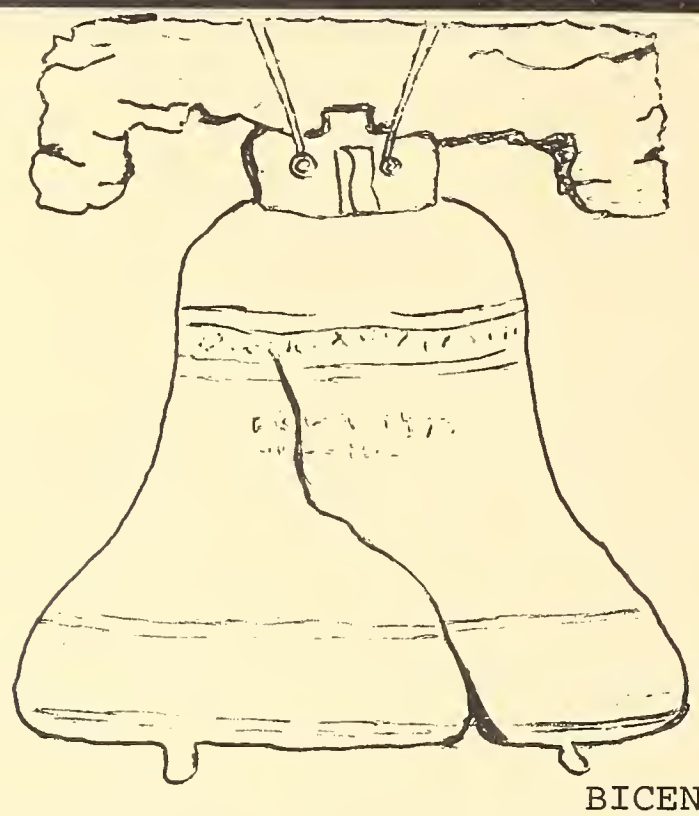
2) Another cash system at noon supplemented by a ticket system is used. Booklets of tickets are distributed to eligible free children, reduced price and paying students every two months. In the cafeteria area it is advertised that tickets are sold at a discount to protect the anonymity of the students. Each month the ticket sale is also advertised. The tickets are coded and are all the same color. The reduced price ticket is punched so that the cashier knows that 20¢ should be collected.

Other systems use a coded ticket system and distribute the tickets daily either from the office or the cafeteria area.

3) A token system can also work effectively. Each token is the same color and one side has the school's name and the reverse side has a letter or number code to designate the free students, reduced or paying students. Tokens in this system are distributed once a week before school. The director and cashier work extra hours once a week to distribute the tokens. A discount is offered to induce students to purchase tokens if they purchase five and this is popular with the students.

4) In the elementary schools the envelope system is popular. Once a week the school lunch menu is sent home with the child's envelope. Pupils return the envelopes with payment if paying full or reduced price or empty if the child is eligible for a free meal. Tickets or tokens are then distributed accordingly by either the teachers or office.

Extra free milk may be recorded using any of these collection methods. Using a ticket system the cashier can put a dash or check on the ticket if extra milk is served. If the student takes milk only the ticket can be torn. Another method employed is a simple check system. A tally sheet can be kept at the cashier's station to account for extra milk.



LIBERTY BELL

Benjamin Franklin Turkey, Gravy

Bunker Hill Potatoes

Thomas Jefferson Salad

Liberty Bell Roll, Butter

Independence Surprise

Declaration Drink

BICENTENNIAL NOTES
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1774 "Ladies Tea Party." Fifty housewives of Edenton, North Carolina meet to discourage the drinking of tea and wearing of English goods.

1776 Thomas Paine's Common Sense published in Philadelphia. This converted thousands to the idea of independence.

1776 Congress' "Plan of 1776." Drafted by a special committee, it proclaimed freedom of the seas and defined the rights of neutrals. This was the example for most U.S. 18th century treaties.

1776 Margaret Cochran Corbin fought and wounded at the Battle of Fort Washington. First woman to take a soldier's part in the Revolution. Known as Captain Molly.

CONGRATULATIONS
****

St. Bernard's Elementary School in Fitchburg has earned the Bicentennial banner. At the celebration of the "Boston Tea Party" Paula Leger a fourth grader wearing a colonial costume assisted with the service. Mrs. Ellen DiGeronimo, City Councilor, dressed in Colonial costume discussed the significance of the Bicentennial with the children.

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THOMAS JEFFERSON SALAD

January's Bicentennial Menu appearing on the opposite page features Thomas Jefferson Salad. Our renowned third President has been acclaimed as America's first great gourmet.

In his travels in America and Europe he gathered seeds and plants for his farm at Monticello. He kept a diary of his garden in detail from 1766 to 1824 with the exception of 1776. Apparently, that year he was busy in Philadelphia writing drafts of the Declaration of Independence.

In addition to his skills of statesman, and educator, he was an innovative, devoted farmer. He said, "No occupation is so delightful to me as the culture of the earth."

The freshness of food was of prime importance to Jefferson. He took great delight in the seasonal appearance of fruits and vegetables. His 10,000 acres produced, among other things, endive, chicory, lettuce, Savoy cabbage, Spanish onions, cucumbers, turnips, squash, eggplant, spinach, broccoli, peas, potatoes and tomatoes. These last two foods took a long time in being accepted as safe foods for human consumption by most Americans. Potatoes were mainly fed to animals and only the most adventuresome like Jefferson, ate tomatoes.

As you can see, Thomas Jefferson Salad can be whatever you choose to make it for your school. Be sure to make it exciting and a bit unusual.

A GRAND SUCCESS!!

The Proctor School in Northboro had a great National School Lunch Week. Participation was almost 90% every day and many parents joined their children for lunch. Many were so favorably impressed, they have requested that "Parents Day" be held on a regular basis so that they can take advantage of a delicious meal at a bargain price more often.

Stickers were placed on the bottom of two plates in each lunch group and free lunches were given to the winners which added to the fun and excitement.

In addition to the All American Lunch on Wednesday, favorite menus were served the rest of the week.

All in all, it was a grand success, and the children are already looking forward to National School Lunch Week next year.

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum:

MEAT AND MEAT ALTERNATE - 2 ounces (edible portion as served of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - A 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a serving or other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 teaspoon of butter or fortified margarine. This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

BASIC COFFEE DOUGH — 50 buns

6 Tablespoons Warm Water
3 Pkgs. Dry yeast (3 Tablespoons)
1 1/2 Teaspoons Salt
3/4 Cup Sugar
7 1/2 Cups Flour
1 1/2 Cup Lukewarm Milk
3/4 Cup Melted Butter
3/4 Teaspoon Cardamon
4 1/2 Eggs Beaten

Dissolve yeast in water. Combine all dry ingredients in large bowl. Make a well in the center. Add all liquids. Mix till dough pulls away from sides of bowl. Turn onto floured board and knead until smooth and elastic. Set aside to raise. (double the bulk) Punch down, roll to 1/2 in. thickness and form buns. Raise until double the size. Brush with egg wash (1 egg beaten with 1 Tbsp. milk) Top with preserves or Cinnamon. Bake at 400° 12 minutes.

Helen Miller, Doherty Memorial High, Worcester, Mass.

CONGRATULATIONS

The King Philip Regional School-North has earned the Bicentennial banner by completing all three criteria. Participation was 97% in September and October.

BICENTENNIAL AWARD

Please refer to the September, 1975 Newsletter for an explanation of the criteria to be met. If you report 100% participation, it must be the average for a month.

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RETIREMENT

After many years of outstanding dedication to School Food Service, Mrs. Marion Moore, Director of Chelmsford, retired on December 31, 1975.

From a system which had seven schools and fourteen workers, the Chelmsford Program grew under the capable direction of Mrs. Moore to include thirteen schools and 86 workers in the span of 19 years.

It was she who introduced nutrition week and through legislation "Child Nutrition Week" became permanent.

Mrs. Moore has been an active member of both the American and Massachusetts School Food Services Associations, serving as president of the latter as well as holding various other offices in the Association.

Her many friends and colleagues attended a dinner in her honor at the "88" Restaurant, Nashua, N.H. on December 10.

Best wishes are extended to her and may she have many years of happy retirement.

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GARDNER VACANCY

Qualified persons interested in the position of School Lunch Supervisor for the Gardner Public Schools, grades K-12 should call the office of the Superintendent of Schools for further information. (617-632-1000) The position is to be filled as soon as possible after January 1, 1976. The position carries with it liberal employment benefits.

MSFSA Notes

The holidays are over and the Bicentennial Year has arrived Our great country is 200 years old - the school food service program is 30 years old. Our progress and growth has been outstanding. The original noon day lunch has been expanded to include the special milk program, free and reduced meals for eligible students, meals for children in day-care, headstart and kindergarten classe a lunch program for the elderly citizens, nutrition education projects, and a permanent breakfast program. The nation has been preparing for the celebration for a long while. We, in foodservice, can and should participate in this great event. What are your plans? Here are a few suggestions.

1. Be ambitious and creative - decorate your lunchroom in seasonal or historical themes.
2. Feature the monthly heritage menus.
3. Strive to increase participation: - offer choice menus - serve new foods.

The list is endless. You may have better ideas. Any of the above activities can earn a Bicentennial Banner for your school. Don't put it off- Start today and put your plans in working order.

The last week in January is designated by the legislature as Child Nutrition Week. Do your share this week to promote our role in providing the nation's children with well-balanced nutritional meals.

Pauline Malnati, Public Relations

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

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Bureau of Nutrition Education
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GUIDE TO PURCHASING

Effective purchasing influences the success or failure of a school food service program by upgrading the quality of food served, increasing participation, controlling the cost of food and reducing waste.

Anyone can order food, but ordering is not purchasing. Purchasing is complex and good buyers need to have knowledge on which to base buying decisions. Purchasing must be coordinated with food production, cost control, quality and quantity control, storage facilities, delivery schedules, and seasonal fluctuations of the market.

Be familiar with the Federal, state and local statutes and regulations that protect the public interest and health. The pure Food, Drug, and Cosmetic Act regulates labels, sanitary preparation, processing and packaging of food, wholesomeness of final product, and use of additives. The Federal Meat Inspection Act provides for the inspection of all establishments from which meat is shipped in interstate commerce. Within the state meat is inspected by the Massachusetts Division of Food and Drug in conjunction with federal inspection. The Agricultural Marketing Act provides for inspection and grading of fresh and processed foods other than meat. The Poultry Products Inspection Act provides for inspection of all poultry products shipped in interstate commerce and within state.

Spend the school food service dollar to the best advantage. Know What to buy, How Much to buy, When to buy, and Where to buy.

First consideration should be given to foods that meet the nutritional needs of children. Empty calorie foods should be avoided. Minimize the purchase of foods which do not contribute to the meal patterns. Luxury items must be avoided to help maintain a reasonable selling price. The skill of employees, the type of service, and equipment also affect what to buy. The cost of convenience foods versus school prepared deserves careful consideration.

Production records, accurate inventories, standardized recipes and the USDA Food Buying Guide are all essential tools to use in determining how much to buy. Full use of donated foods helps lower the amount of food which has to be purchased.

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The capacity of stockrooms, freezers, and refrigerators determines the frequency of purchasing. Deliveries are expensive. Order non-perishables monthly or bi-monthly if space permits.

Buy from companies which offer the lowest price for equal quality. Other factors to consider in the selection of vendors are reputation, dependability, cooperation, good delivery service, consistent good quality, wide scope of selection, and maintenance of sanitary facilities.

Ethical purchasing practices are essential. Be courteous and fair at all times. There must be give and take in all buying and selling situations. Advise sales representatives of your policies.

Never compromise your freedom of action as a buyer. Accepting personal gifts places a buyer under obligation. Using stamps or points and similar items which some companies offer is in the same category. The cost of these items is reflected in the selling price.

Do not use the buying power of the institution for personal purchases or permit employees to do so. This undermines the good will of the purveyor, casts doubts on the objectivity of purchasing decisions and makes it difficult to complain about products or service.

RECALL ALERT

Product - Comtesse Brand Sweet Red Pimientos (whole)
Lot Numbers - all lots bearing foreign registry #R.E. 7.611 on the label
Manufactured by - Antonio Serna Fernandez
Recalled by - Lissco Trading Corp. N.Y.
Distribution - CA, CT, GA, FL, IL, LA, ME, MD, MA, MO,NJ, NY, NC, OH, PA, RI, VA, DC, W.VA
Reason for Recall - Failure to control acidity in canning process which may pose a potential for bacterial outgrowth

Product - Del Monte Rice Pudding Cups
Lot Numbers - all lots coded R54M-R and R54N-R
Manufactured by - Real Fresh, Inc., Ca
Recalled by - Del Monte, Inc.
Distribution - National in scope
Reason for recall - soapy taste

REMINDER

The Spring Seminar will be held March 30, 1976 at the Sheraton-Tara in Framingham.

Commodities Expected To Be Available for March 1976

Frozen Ground Beef	Cnd. or Frozen Corn	Peanut Butter
Peanut Oil	Frozen French Fries	Dry Milk
Shortening	Pea Beans	Chopped Cheese for Pizza
Mayonnaise	Applesauce, Cnd.	Sweet Potatoes Cnd.
	Dry Prunes	

Shipping and purchasing difficulties may make some variation in the above list.

Chopped Cheese for Pizza (All Natural)

The processing contract for making dried milk into chopped cheese for pizza has been awarded to the Cheese Corporation of America, located at Lawrence, Massachusetts. Deliveries of this product will be made so that it will be available on the February Commodity Ordering Form. There is an approximate 60 cents a pound saving to you on this commodity because of the use of dried milk in the processing.

Frozen Ground Beef

The USDA has made another purchase of this commodity and advises that our share will be 12 more cars which assures us of frozen ground beef for March and maybe for April also.

USDA Official Visits Schools

One of the requirements of the USDA is that all commodities will be stored on racks 4" off the floor and 4" from the wall. This keeps them from absorbing moisture that will rust cans that will cause food package seams to burst and foods to mold and rot. In storing commodities, it is important not only to consider the use of proper storage methods to reduce spoilage but also to consider efficient methods of storage which will save space and make for ease in handling the commodities.

In most of the schools that were visited by the USDA representative, commodities were found in good condition and properly stored. In a few schools it was pointed out to the supervisors that some of the space that was being used for storage of food, especially for flours and grains, was too warm and would encourage infestation. Also, a few schools are not using the oldest commodities first but had placed the commodities last received from the warehouse in front of the older commodities. In two schools corn meal was found to be over a year old and when inspected it was found to be badly infested. This, of course, not only causes the loss of this particular item but makes it possible for the weevils to breed and infest the entire storeroom.

Later in the year, we anticipate another visit by a USDA official in other parts of our state and we hope that in the meantime every supervisor will check the commodities on hand so that we will receive a good report both as to the age of the commodities and proper storage.

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THE FEDERAL COURT VERIFIES THE SPECIFYING ENGINEER'S RESPONSIBILITY AND ACCOUNTABILITY--CLEARLY AND STRONGLY--A PRECEDENT:

On December 14, 1974, the Federal 1st Circuit Court affirmed a very important decision handed down by the United States District Court, Massachusetts in the case of Whitten Corp. vs. Paddock, Inc. (4/12/74). The U. S. Supreme Court several weeks ago rejected further appeal and further review, thus supporting the final decision of the Federal Circuit Court. The decision is unique in that it defines the specifying Engineer's clear authority at the Federal level where relevant previous decisions have been at lower court levels.

Four major judgements regarding specifications develop from this landmark decision:

1) The court ruled that a proprietary specification (one brand only) is not a violation of anti-trust law. Further, the court stated that trained professionals -- specifiers -- make informed judgements on the systems which best serve their clients' needs.

   Comment: Technically, few brands of M/E equipment are exactly alike...if the engineer decides to limit his specification to one source he has the responsibility to do so and to enforce it.

2) The court ruled that other suppliers can qualify as "or equal" only when the specifier chooses to waive specifications or permits the supplier to also bid.

   Comment: It is clearly stated here that the contractor cannot decide that another supplier is "equal" to the brand specified--that the specifier is charged with this responsibility and judgement. Where "or equal" is stated in the specification it is the engineer's and not the contractor's decision as to what brands or suppliers qualify as equal or don't qualify as equal.

3) The court stated that the specifier..."will waive specifications in order to obtain a better product for his client..."

   Comment: The implication is that the contractor cannot make a specification substitution judgement. It states that only the specifier (from start to finish--in the construction process) can ultimately decide that a better product is available and change the brand originally specified in his client's best interests.

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4) The court concluded..."The burden is on the supplier (manufacturer) who has not been specified to convince (the specifier) that his product is equal for the purposes of a particular project...THIS REDUCES ITSELF TO A MATTER OF SALESMANSHIP..."

This is one of the most powerful court judgements in engineering construction law history. It should be a very important consideration in every marketing plan today and tomorrow nation wide. The judgements passed down most certainly reinforce the editorial position of our publication and greatly enhance the Specifying Engineer's legal brand selection authority.

MINIMUM WAGE

Just a reminder that the minimum wage rose to $2.20 an hour for all school food service personnel on January 1, 1976. When you are planning your next budget, allow for another wage increase. Effective January 1, 1977 the minimum wage will be $2.30 an hour.

TYPE A COST

The cost of the Type A meal reported to this Office in the Fall was based on your 1974-1975 expenses. If your established reimbursement rates are below the maximum amount allowed and do not reflect your current expenses, you should resubmit Form FD-1D. You must continue to use the rates assigned to you until notified of new rates.

BUYER BEWARE

The meal patterns specify full strength fruit or vegetable juice. When a salesman tells you a fruit base meets the requirements, he is not familiar with the regulations. Refer to the February, 1975 Newsletter for the standards of identity and portion sizes of the various fruit beverages.

PRICE CHANGES

Any increase or decrease in the selling price of a fully paid or reduced price breakfast or lunch must have the prior approval of this Bureau. Address your requests to Louise E. Watts.

PRESIDENTS' TABLE

Chicken Mt. Vernon

Martha's Mashed Potatoes

Salad Monticello

Lincoln Log

Dolly's Fruit Pudding

Madison's Milk

BICENTENNIAL FACTS

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1774 Boston Port Act. Parliament closes Boston Harbor until the city pays for the "Tea Party." First of the "Coercive" or "Intolerable Acts."

1774 Boston Port Bill goes into effect. Boston harbor closed; General Court moved to Salem. Many of the colonies solemnized this day with fasting and prayer.

1775 The Massachusetts Provincial Congress accepts the offer by the Stockbridge Indians to serve as minute men.

1775 Birth of U.S. Army. Congress authorizes the raising of three companies of riflemen in Pennsylvania, Maryland and Virginia to march to New England, appoints a committee to draft rules for the administration of the Continental Army, and unanimously elects George Washington as Commander-in-Chief.

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Child Nutrition Bicentennial Project information and applications have been enclosed in previous Newsletters. If additional applications are needed, please contact this Office.

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Professor Berrini's Sea Crest Basic Yellow Cake Yield: four 18" x 26" pans

Ingredients	Amount	Ingredients	Amount
Sugar	8 lbs.	Dried Egg Powder (sifted)	1 lb. 8 oz.
Shortening or Butter	3 lbs.	Salt	2 oz.
All Purpose Flour	7 lbs. 4 oz.	Vanilla	2 oz.
Dry Milk Powder	1 lb.	Water	1 gallon
Baking Powder	6 oz.		

METHOD

Blend together all ingredients, except the water, and mix for 10 minutes at medium speed. Add 1/2 gallon water and mix for 5 minutes at medium speed. Add 1 quart water and mix for 5 minutes at medium speed. Add remaining 1 quart water and scrape sides of bowl to blend ingredients together, mix for 5 minutes at medium speed. Scale 7 lb. of batter to sheet pan that has been greased and dusted with flour. Bake at 375° for 35 minutes in deck ovens or at 340° for 25 minutes in a convection oven.

MAYONNAISE (V.C.M.) Yield: 8 Gals.

Ingredients	Quantity	Ingredients	Quantity
Whole Eggs (medium)	6 dozen	Salad Oil or peanut oil	6 gals.
Salt	10 oz.	Lemon Juice	1 pt.
Sugar	10 oz.	White Vinegar or Cider Vinegar	2 qts.
Dry Mustard	4 oz.		

METHOD

1. Remove mixing baffle.
2. Place eggs, sugar, salt and mustard in V.C.M. Close cover and insert funnel and baffle hole on top of machine.
3. Run machine on first speed for one minute.
4. Pour oil in funnel one gallon at a time, after second gallon add lemon juice (all).
5. Add two more gallons of salad oil and add one quart of vinegar, add two more gallons of oil and add the remaining vinegar.
6. Shut machine off, remove funnel, open machine scrape down sides with a rubber spatula, put baffle mixer in place close cover and run machine for two minutes on first speed, turning baffle to produce a good blend.
7. Remove cutting blade shaft, scrape bowl and place in containers and refrigerate.

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE - 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 teaspoon of butter or fortified margarine. This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

MAYONNAISE

Yield: 1 gallon Make sure bowl and whip are clean and dry.

Egg Yolks	16	Salad Oil	3 qts. 1 pt.
Sugar	4 oz.	Vinegar	8 oz.
Salt	2 oz. or 2 tbsp.+2 tsp.	Lemon Juice	4 oz.
Mustard, Dry	1 oz. or 6 tsp.		

METHOD

1. Beat egg yolks in bowl.
2. Mix dry ingredients together and add to eggs in bowl. Beat a few minutes.
3. Add oil slowly at first; when thick, add a small amount of vinegar. Alternate oil and vinegar until all has been used. Finish with lemon juice.

Peanut Oil may be substituted for salad oil.
Keep refrigerated at all times.

FOODS FOR THE "NOW" GENERATION

"Have It Your Way," "The Pepsi Generation" etc. are slogans from advertisements in magazines and from commercials on the radio and T.V. We are constantly being bombarded with the "newest", the "latest", the "most up-to-date" in food products. The target group that are hit with this array of media are children.

In this land of plenty food isn't just something to eat anymore, it is a convenience. Most Americans aren't eating wisely not because food isn't available but eating to save time and money. Fast food service is rapidly replacing the brown bag.

You as a school food service worker, play a very important part in the health and well-being of each one of the children in your school lunch program. The meal you serve at school may be the only nutritionally sound meal the students get all day.

Schools are changing their feeding programs too. Students refuse to accept just plain old nutrition anymore. They want better menus, they want choice menus, they want to eat to be in style. It's a real challenge for a controlled portion of turkey and peas to compete with a student's desire for cola and a bag of potato chips. Students want everything - speed, an interesting decor, music, popular foods and clever and appealing merchandising.

In your menu planning and daily foodservice you meet the student's nutritional needs and some of their desires. However what happens to the student who's in a hurry and doesn't have time to wait in line or the girl that is dieting and doesn't want a complete lunch? Do you meet their needs? If they aren't eating foods to meet their daily body needs they will start to suffer from poor nutrition.

In order to please students and keep them participating in your lunch program many schools now offer multiple menus. These menus might be referred to as the "soup and sandwich" line and the "regular" lunch line. The "soup and sandwich" or "speed line" has been very successful in secondary schools. Daily choices could include a fixed menu while on your other line you could offer a salad plate; tuna or egg salad with a fruit salad, and a tossed salad with cheese cubes or ham, bologna or chicken slices and a hard-cooked egg. A hamburger or cheeseburger could also be offered to meet the student's requests for a fast-food operation.

In addition to serving the type A meal some schools offer a la carte lunches and snacks. Controlled sales of snacks and beverage items are preferable to having the students leave the campus to make these purchases. Careful purchasing and planning should be practiced by food service directors before offering a la carte choices. Competitive foods may cause students to make poor food selections. Only foods that are nutritious should be offered.

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WORTH ITS WEIGHT IN GOLD?

What vegetable was worth its weight in gold during the Gold Rush of 1898, yet thought to be worthless, or worse yet, a poisonous food until the 1800's? It is featured on the Bicentennial Menu this month as Martha's Mashed Potato.

When the Spanish brought the "patata" to Europe from South America, Europeans were not much impressed. In fact, it was believed that the potato, like the tomato, was poisonous. It took famine, and war, and kingly commands to make potato eaters of Europeans.

In the sourdough camps of the Gold Rush, raw potatoes were the only available food containing enough Vitamin C to cure the men of scurvy. And today, even with our varied food supply, potatoes are still an important source of Vitamin C.

Nutritionally, baking is the best way to prepare fresh potatoes. For a child of 6-12 years old a baked potato supplies half of his daily need for Vitamin C. Since Vitamin C is lost in water, cooking and mashing mean greater losses. Fortunately, most instant mashed potatoes have Vitamin C added to them. Today, few potatoes are peeled for school lunch and the machine used for that purpose is, in most instances, a curiosity.

You may think that potatoes are a good source of Vitamin C, but at a price - the price of lots of calories. But a 1/2 cup of mashed potatoes, with milk, contains only 65 calories; baked or boiled, about 90 calories, less than a large apple. In addition, potatoes are also a good source of two important B Vitamins, thiamine and niacin. In reality, potatoes give a good nutritional return for their surprisingly few calories. Student customers like potatoes, so be sure to feature them on February's Menu of the Month -- The President's Table.

Continued from Page 9

Items could include: school baked cookies or cakes; fresh fruit, yogurt, ice cream, salads, sandwiches or cottage cheese. You could utilize peanut butter, oatmeal, raisins, canned fruits, peanut granules or nuts, applesauce or sweet potatoes in your baking to make your product nutritious as well as something sweet.

If the foods being sold a la carte are prepared on the premises, including the baking, you will be using your labor efficiently. Also the food cost will be lower than if packaged or prepared items are bought and sold. The pricing of a la carte foods should well cover all food costs plus labor and other costs.

To be a successful foodservice director and meet your objectives of providing nutritious foods, you must be cooperative and innovative. Work with your students and adapt to the changing situations but do it wisely.

Cont'd from Page 3

Margarine

In last month's newsletter we advised that this commodity would be available in February. Apparently there are difficulties in obtaining manufacturers who can supply the needs of the schools, so the receiving of this commodity is in question.

Section 6 Allocation

The quantity of Section 6 commodities your school is entitled to is based on the average daily number of "A" meals you serve. Many commodity orders received at this office show a much higher figure than we find when we check the "A" meals reported on your claim. When you use an inflated figure to order ground beef and chicken, you must expect to be disappointed as we will base the amount of ground beef and chicken you are to receive on the figures submitted on your claim. Usually this amount is less than the amount you ordered. This office has no choice but to allocate the average "A" meals served daily as the amount allocated to the state of Massachusetts from the United States Department of Agriculture as based on the average "A" meals served daily in our state.

We understand that in many schools when chicken or ground beef is served, your participation is very high for that day. Therefore, it is quite probable you will have to purchase additional quantities of these items to serve all the students. We assure you, if we had an unlimited amount of chicken and ground beef we would be pleased to allocate all you could use.

Frozen Orange Juice Concentrate

Word has just been received that USDA will purchase this commodity and it may be received in time for our March deliveries. Because the quantity being made available is limited, we do not anticipate processing into 72-4 oz. cups. Expected to be packed in the usual 12/32 oz. cans to the case.

New Reimbursement Rates

These rates are effective January 1,-June 30, 1976.

	All	Additional	
		Reduced	Free
Breakfast	.10	.19	.2525
Lunch	.125	.4675	.5675

MSFSA Notes

Dear School Lunch Personnel:

While you are enduring the season's cold, bleak, stormy weather and attempting to get rid of your winter sniffles, I am sure you have noticed that the days are getting longer, and that means--Spring will soon be here.

It is also time to start planning for the coming events so important to school food service workers. The annual meeting will take place in April, but the date and place have not yet been selected. Tentative plans have been made to change the usual all-day Saturday event to an after-school dinner meeting format. We sincerely hope this will attract more members to this very important function. Inform your co-workers and invite them to make an effort to attend.

The National Convention will take place in Hawaii - August 1-5. Start saving your dollars now. Plan your vacation around these dates. Bring the family. It will be a memorable event for all. There will be more information on these activities as soon as plans are finalized.

Sincerely,
Pauline Malnati
Pauline Malnati
M.S.F.S.A. Public Relations

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS
Department of Education
Bureau of Nutrition Education
and School Food Services
182 Tremont Street, Boston, Massachusetts 02111

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MARCH 1976

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

A MONTHLY REPORT

IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS

GRATUITOUS RETARDATION AND REVERENCE FOR LIFE

John R. Silber

The highest priority in American Education today should be the establishment of a national program of nutrition and early childhood education. It may seem strange for a university president to make this assertion. While I do not underestimate the complexity and danger of the problems that threaten higher education, to make their solution our highest priority would be to confuse the importance of cure with the importance of prevention. One of the most substantial problems facing higher education is the drive to convert colleges and universities into remedial institutions. This is a perversion of the purposes of higher education, and one that may eventually prove fatal to it. But it is the inevitable consequence of our having ignored basic educational priorities.

We must reassess these priorities so as to prevent the occurrence of gratuitous retardation, that is, of retardation that results, not from genetic malformation or other unavoidable causes, but rather from social neglect.

In order to do this we must understand the importance of nutrition, especially the nutrition of the fetus.

We may wonder about the value of human life at its earliest stages. No woman gives birth to herself. If we recognize this simple verity, we will see that the moral and philosophical problems raised by abortion cannot easily be dismissed by the ideology of hedonism that holds "a woman has the right to do with her body as she sees fit." But I am not concerned with abortion, rather with an issue closely linked with it and one that involves not merely the aborted few but the carried many -- the problem of prenatal nutrition. A society that has opted for abortion on demand may have already foreclosed the question of prenatal nutrition. For if there is no restraint upon the freedom intentionally to destroy a fetus then perhaps there is not even an obligation on anyone to avoid destroying or merely damaging it through inadvertence. The latter view would seem to follow from the former. But while many of us have become used to the idea of destroying the fetus, few of us -- and here the instincts triumph -- can accept the idea of damaging, torturing or abusing one. Most of us would hold that the decision not to have an abortion carries with the responsibility of the mother for

the other life within her body -- the well-being of the fetus must be a serious concern for the mother.

But a pleasure culture does not necessarily demand that the mother modify her life for the pleasure or well-being of the fetus; hence, it is attractive to believe that the fetus is infallibly protected by the placenta from the activities of the mother and that, therefore, the contents of its mother's bloodstream are irrelevant to its health. We should like to believe that the fetus is a perfect parasite leeching from the mother all that is necessary for maximum development and that the placenta is a perfect filter removing whatever contents of the mother's bloodstream that might be harmful to itself. The folly of this assumption has long been apparent. Zinc and iron deficiencies in the mother cannot be overcome through fetal leeching from the mother's limited supply of these minerals and the filter of the placenta will not restrict the passage of drugs. Thalidomide deformed hundreds of infants. Mothers addicted to heroin give birth to heroin addicts, and evidence accumulates of the serious damage inflected on the fetus by alcoholic mothers. Malnutrition, involving the presence of harmful drugs, is seriously damaging and frequently destruction of the developing child. Undernutrition -- the absence of essential elements -- can be just as harmful.

There has long been persuasive evidence of this fact, and the recent release of a massive study conducted by Professor Robert B. Livingston and his associates at the University of California must remove any lingering doubts: they conclude that as many as one million mothers in the United States suffer from malnutrition serious enough to endanger their babies.

It is not prenatal undernutrition alone that can cause such damage. The University of California study also estimates that subsequent to birth, 1,100,000 infants and children in the United States suffer from undernourishment severe enough to hamper their brain development.

Because the majority of individuals handicapped by malnutrition or undernutrition may still fall within "normal bounds," it may be questioned whether any loss has been suffered. If one focuses on the single individual only the most severe instances of retardation may be provable. But if one enlarges the scope of investigation to compare the children of alcoholic mothers or undernourished mothers with the children of those who have been soundly nourished, the loss becomes obvious.

It is a gratuitous retardation, imposed on those children whose prenatal and early nutrition has been defective. Only a society that has lost its respect for human life and its concern for the fulfillment of each individual can be indifferent to this retardation. If we are to avoid such retardation, we must insure that no mother, either through poverty or ignorance, malnourishes her children in utero.

We can do this by establishing a comprehensive national program of nutritional support and education. It will not help if mothers can afford to nourish themselves and their children unless they know how to do so. In our society the food industry seems deliberately bent as a matter of

Cont'd from page 2

perverse economic principle on making all-grain breakfasts such as oatmeal or whole wheat gruel a memory and replacing them with trashy concoctions variously confected from sugar and fraudulent "natural" ingredients. As a consequence, there is increasing need for nutritional education, not only for the poor but for all levels of American society. And it is the obligation of educators at all levels -- in schools, colleges, institutions, social agencies and medical institutions -- to provide this education. And it is the obligation of society to see that no carrying mother or young child is undernourished because of financial need.

The cost of such a program would be high, clearly in the billions of dollars, but we should compare this to the immense cost we now pay, spiritual no less than fiscal, for gratuitous retardation.

For a citizen suffering from retardation imposes immense costs upon society. If he is educable, he will be more expensive and difficult to educate than if he were not retarded. If his retardation is sufficiently obvious to be recognized, he will require special education. If it is not, he will proceed through conventional schools posing an insoluble problem, possibly all the way to college. Even if educated, he is unlikely to make any substantial contribution to the advancement of society. He will be doing very well to support himself, and if he cannot, he is likely to impose heavy custodial costs on the society. At best he will be a welfare client all his life. If his retardation is mild enough not to be diagnosed, he will go through life failing at the simplest tasks, at best marginally employable, and perhaps driven into a life of crime. In this case, he will impose immense costs directly on the citizenry through criminal activity or by requiring the most expensive custodial care in prison.

If his retardation is gratuitous, all these costs -- including the loss of human potential -- are avoidable. If educators reawaken and reinforce our instinctive sense of the preciousness of human life, our society will not willingly allow any of its members to be retarded. It will express an outraged concern to avoid gratuitous retardation as it presently expresses a restrained concern for cases of unavoidable retardation. Educators can show that it is neither decent nor provident to ignore this problem.

ANTI-CHOKING DEVICE

The Department of Public Health is required to hold a public hearing on Chapter 94 Section 305D of the General Laws and to give their approval for anti-choking devices which may be used under this new amendment. No date for this hearing has been set.

As soon as this hearing is held and regulations are adopted by Public Health, this Bureau will be notified. We in turn will send this information to Superintendents and School Food Service Supervisors.

IMPROVING NUTRITION FOR THE NATION - 1776 to 1976

National Nutrition Week --- March 7 to 13, 1976. Did you launch a nutrition campaign? It's still not too late. Promoting good nutrition is a year-round activity!

The ADA (American Dietetic Association) NUTRITION BILL OF RIGHTS states that every American has:

THE RIGHT TO HEALTH through improved nutrition;

THE RIGHT TO CHOOSE a variety of foods that provide optimum nutrition at competitive prices;

and THE RIGHT TO BE INFORMED through adequate nutrition education as a protection against food and nutrition misinformation.

We in school food service are working daily to help to improve the nutrition of the Nation's youth. Our Type A lunch provides 1/3rd of their daily nutritional requirements; the breakfast program adds 1/4th to 1/3rd more of their needed nutrients except calories. Of course, our food must be of high quality and attractively served -- so that it reaches stomaches, not waste disposals.

We should be offering a variety of foods so that students have the right to choose. But, the variety should add up to a Type A lunch or good breakfast -- not to a lot of a la carte items offering little but calories. And, our operations should be efficient so that meals can be served at a price most children can afford to pay.

We should make sure that the students are informed through nutrition education in classroom/cafeteria projects. Sure -- it takes more time, but it is time well spent. Dr. Bruno Bettelheim, noted psychologist and educator has said:

> ".....in order to make going to school attractive and learning feasible, I would suggest that we first concentrate on feeding all children there. And by this, I do not mean something akin to existing food programs which provide food as food, and not as an essential part of the educational enterprise. Instead I suggest centering the school experience around satiation of the children's need, building the school day around meals, beginning with breakfast in the morning, a snack at midmorning, lunch at noon, and another snack at the end of the school day. Money spent on such a program would pay off much better than that spent on practically any other expense, be it textbooks,

Cont'd on Page 8

REVISED BEEF GRADES STANDARDS

Effective in February. Revised federal beef grade standards will go into effect February 23, 1976, following several months of court proceedings. Use of the revised beef standards has been delayed since last April when a U.S. District Court issued an injunction preventing their implementation. Higher courts have since ruled in USDA's favor and the injunction was lifted. Federal grading of beef is, by the way, a voluntary program and users pay a fee for the service. According to USDA's Agricultural Marketing Service, which establishes the beef grades and conducts grading activity, there are four major changes included in the revised standards. Briefly, they are: (1) All beef carcasses graded will be graded for both quality (grades such as U.S. Prime, Choice and Good which identify the eating quality of beef) and yield (grades numbered 1 through 5 which indicate the percentage of retail cuts in a carcass). Prior to the revision, beef carcasses could be graded either for quality or yield, or both. Officials expect the yield grading provision to encourage producers to raise meat-type cattle with a minimum of excess fat. (2) Conformation (shape of carcass) will be eliminated as a factor in determining the quality grades. Research shows that conformation does not affect the palatability of beef. However, variations in conformation do effect yields of retail cuts and will be precisely measured by the yield grades. (3) Slight reductions in the marbling requirements (flecks of fat within the lean) will result in slightly leaner beef qualifying for U.S. Prime and Choice. Previously, increased marbling was required to compensate for increased maturity. In other words, the older the beef, the more marbling required. However, recent research conducted at a number of state universities indicates that there is no significant difference in eating quality of beef from cattle about 9 to 30 months of age. So, the minimum amount of marbling in Prime and Choice grades of beef from cattle in this age range will be the same as that previously required for beef from cattle about 9 months old. (4) U.S. Good grade has been redesigned to make it much more restrictive and more consistent in eating quality. The revised standards are available from the Livestock Division, AMS. U.S. Department of Agriculture, Washington, D.C. 20250.

FOOD DAY - APRIL 8, 1976

For the second year the Center for Science in the Public Interest, Washington, D.C. is sponsoring this action day focusing on food problems. In your school help create awareness of this day by:

* Supporting the Resolution passed by the State Legislature encouraging gardening and personal ecology in schools.

* Promoting the nutritional quality of your food service.

* Establish Eaters' Advisory Teams.

* Speaking to students on the importance of wise food choices.

A special letter is being mailed to you, your Superintendent and school Principals.

BICENTENNIAL MENUS

MARCH	APRIL
MELTING POT	LOUISIANA PURCHASE
Melting Pot Stew	Cajun Creation
Dutch Delight Salad	Louisiana Rice
English Crumpets, Butter	Pirate's Treasure Spinach
Chinese Almond Cookie	River Boat Salad
Settler's Milk	French Bread, Butter
	Lewis and Clark Cookie
	Mississippi Milk

BICENTENNIAL NOTES

1775	Patrick Henry delivers "Give me liberty or give me death" speech at Virginia Provincial Convention at Richmond.
1775	Congress assumes another function of an independent government in establishing a Post Office Department with Benjamin Franklin as Post Master General.
1776	Congress declares colonial ports open to all countries except Great Britain; prohibits importation of slaves. This was to make it possible for Congress to purchase war material from European nations, and is considered an important forerunner of the Declaration of Independence.
1776	The name of the United States of America adopted by resolution of the Continental Congress.
1777	Congress commissions as major generals the 20 year old Marquis de Lafayette, and veteran Baron Johann de Kalb.
1777	The French inform American envoys that the King will ~~recognize~~ the independence of the U.S.

Commodities Expected To Be Available For April 1976.

Frozen Ground Beef
Shortening
Mayonnaise
Concentrated Orange Juice
Frozen French Fries
All Purpose Flour
Bread Flour
Pea Beans
Dry Milk
Chopped Cheese for Pizza
Applesauce, Cnd.
Cnd. Poultry
Cnd. Beef in Natural Juices
Margarine

Shipping and purchasing difficulties may make some variation in the above list.

MAYONNAISE

A few supervisors have advised that some of the containers of Mayonnaise had separated. Usually this is caused by freezing. It is our belief that where this has happened, it was in transit from the warehouse to the school as the week our orders were being delivered was the coldest week of the winter.

Here is the remedy:

Cook together until thickened:

6 lbs water + 1 lb. sugar + 1 lb. cornstarch = 8 lbs. "paste". Put the paste in mixer and add 2 gallons of mayonnaise. Beat until all ingredients are well blended. The product will be more like salad dressing, but it will remain stable and not separate again upon storage.

The mayonnaise processor advises not to store this product under refrigeration. After opening a jar is when refrigeration should be provided.

MARGARINE

In last month's Newsletter we left some doubt about receiving this commodity, but USDA assures us that it should arrive in time for our April delivery.

PEANUT OIL

Earlier market predictions were to the effect that we would obtain more of this commodity than we could use this school year. Whatever crystal ball was used for this prediction failed as we understand there will be no more this school year.

FRENCH FRIES

Yes they will be available, hopefully for March, but if we fail, April for sure. If all requests are filled, we will have enough for two months orders.

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HORIZONS '76

If you are working for a Bicentennial pennant through the theme "Horizons "76," we would like to clarify the requirements.

Under this theme, each individual school involved must increase lunch or breakfast participation by an average of 5% or more for any one month. The month may be between September 1975 and October 31, 1976.

So, there are many months remaining for you to plan and execute interesting projects to help boost participation by 5% in your lunch or breakfast programs in order to qualify for a pennant.

Any school with 100% participation automatically qualifies as will any school with 90% or more participation for a period of two months.

Get on the bandwagon now and participate in the Bicentennial projects and obtain a star-spangled Bicentennial Banner to display proudly in your school or schools.

Cont'd from Page 4

teaching machines, etc. I would give it priority even over school buildings.

Sufficient satiation is a prerequisite for all learning because, if the deprivation is too great, learning becomes too difficult a task."

If you aren't serving good nutrition in your cafeterias, and if you are not part of your school's educational program, it is time to make a change.

CLARIFICATION

Form MAB-4 Instructions Massachusetts Meal Tax Return.

"Records must be maintained to substantiate the amounts entered in items 1 and 2."

According to the Bureau of Corporation and Taxation the records each school maintains for reporting purposes are sufficient to substantiate your monthly meal tax return. It is not mandatory to have cash register tapes.

FLOUR, ALL PURPOSE AND BREAD

Our appreciation to the U.S.D.A. for buying this commodity although the quantity we are to receive is like a drop in the bucket in comparison to what you could use. Rumor is that there is large quantities of grain being held in storage so that with a heavy spring production there might be flour for the fall.

COMMODITY ORDER FORMS

Each month on the Commodity Order Form many schools fail to fill in all information. In particular, the name of the school and the name of your trucking company (carrier) are not shown on the lines allowed. This delays your order - for an incomplete order is put aside until the other orders are filled.

* * * * * * * * * * * * * * *

RECALL ALERT

Product- Welsh Rarebit under the following brand names:
Brand Names - (A) Howard, (B) Venus; (C) Flagstaff; (D) Red & White; (E) Monarch; (F) S.S. Pierce; (G) Primarque; (H) Sexton; (I) What Cheer; (J) Instant; (K) Embassy's Lucky Boy; (L) Golden Buck; (M) Old Sturbridge; (N) Colonial Garden; (O) Carriage Trade; (P) Weathervane; (Q) Charleston Garden; (R) Table Treasurers; (S) German Village; (T) Quality New England Foods; (u) San Marino Preserving Kitchen; (V) Bill's Country Store; (W) The Jelly Shack of Cape Cod; (X) Drew Farms, Inc.; (Y) Meadowbrook Farms; (Z) House of Stevens; (AL) Our Own Delacacies; (BL) McLeod Bros. Orchards; (CL) Coombs Beaver Crook Sugar House; (DL) Monahan Farms;
NOTE- Indian Pudding under the following brands:
(AA) Howard; (BB) S.S. Pierce; (CC) Angel; (DD) Harvey; (EE) Elizabeth Park; (FF) Venus; (GG) Flagstaff; (HH) Red & White; (II) (II) Monarch; (JJ) Primarque; (KK) Sexton; (LL) What Cheer; (MM) Alpen; (NN) Plymouth; (OO) Vermont Country Store; (PP) Carriage Trade; (QQ) Old Sturbridge; (RR) Weathervane Farm; (SS) Delaware's; (TT) Town of Smithville; (UU) Bills Country Store, (VV) The Captain's Choice; (WW) Mystic Seaport; (XX) 1800 Warehouse; (YY) Maine's Massachusetts House; (BBL) Kellerhaus; (CCL) Nantucket Maid; (DDL) House of Stevens;
NOTE- Chi Chi Dip under the following brand name: (AAA) G & M,
Lot Numbers- 53 ounce cans - all lots in which last digit of code ends with 5 or less; 16 ounce cans - Lot #A0665; 12 1/2 ounce glass jars - all lots
Manufactured by- Methuen Relish Manufacturing Division of Ere Industries
Recalled by- Howard Foods Company, Sales Division of Ere Industries
Distribution- Mass., Conn., N.J., R.I., ME., N.H., Vt., NY., PA., OH., GA., IL., FL., MD., MI., SC., CA., and Bermuda
Reason for recall- Product underprocessed during the canning which may pose a potential for bacterial outgrowth

POSTER CONTEST WINNER

Jeannine Marshall of Saugus is the Massachusetts winner of the 2nd ANNUAL BREAKFAST POSTER CONTEST. The contest, with its theme, Breakfast Right--Think Bright, is sponsored by the Florida Department of Citrus.

Jeanine is a ninth grade student at the Northeast Metropolitan Regional Vocational School. She has already won a Raleigh bicycle, and her poster will be entered in the National Florida Contest. The national prize winner will receive a $1,000 scholarship or the equivalent in government bonds.

Judges included William Farrington, Educational Specialist from the Massachusetts Department of Education, Mrs. Vicki Fitzgerald of the Quincy Patriot Ledger, and John C. Stalker, Director of the Bureau of Nutrition Education and School Food Services.

Our congratulations to Jeannine and our appreciation to the other students participating in the contest.

HOPKINTON PUBLIC SCHOOLS

HAYDEN ROWE

HOPKINTON, MASSACHUSETTS 01748

POSTING OF POSITION

We are seeking candidates for the following position:

DIRECTOR OF SCHOOL LUNCH PROGRAM

Management experience in Institutional food preparation preferred.
Three kitchens/1600 Pupils/Twenty-one employees
Starting Date: April 15-May 1, 1976
Salary Negotiable

Applicants interested in the above position, please send a resume to:

Mr. David A. Tompkins
Administrative Assistant
Hopkinton Jr. Sr. High School
Hayden Rowe
Hopkinton, Massachusetts 01748

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum:

MEAT AND MEAT ALTERNATE - 2 ounces (edible portion as served of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - A 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 teaspoon of butter or fortified margarine. This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

30th ANNUAL AMERICAN SCHOOL FOOD SERVICE ASSOCIATION CONVENTION

Honolulu, Hawaii August 1-5, 1976

ASFSA members in Hawaii and the Western Region warmly invite you to join them at the American School Food Service Association's 30th Annual Convention, Honolulu, Hawaii, August 1-5, 1976.

The six jewel-like islands of our 50th state will provide the setting for this year's unique program. All seminars, exhibits and other convention activities will be centered at the Honolulu Internation Center. During the convention's excitement-packed days participants will enjoy prominent speakers at three general sessions and one of six seminars conducted by experts in their fields. In addition there will be regional breakfasts, tours of the lush islands, luau and Polynesian Show with dancing, singing and music of the islands. Wednesday night will culminate in a traditional nine course Chinese dinner. The final general session on Thursday afternoon will cap the convention.

Advance registration forms must be postmarked before July 16, 1976. For $75.00 members get the five full days of seminars, activities, and entertainment couched in the spectacular islands of Hawaii.

MSFSA Notes

The annual meeting of the Mass. School Food Service Association will be held at the Hillcrest in Waltham. The date is Wednesday, April 21st. Registration will take place at 2:30 p.m. followed by the business meeting. The program includes a social hour to start at 5:00 p.m. - then a full course Roast Beef Dinner, installation of officers and a gala President's reception. - Come; renew old acquaintances, share in the activities of your association and show your support for your professional organization.

Watch your mail also for the ballot with the new slate of officers. Don't toss it aside. To vote is a privilege and your responsibility. Please give it some serious thought and vote for the candidates you feel worthy of the office they seek.

Scholarships and service pins will be awarded at the annual meeting - so if your application has not been sent in - do it immediately. Six applications will be given: - five are from the John C. Stalker Fund and one from the Maren Cooley Fund. Any worker who has completed twenty or thirty years of service will be presented with a pin and certificate of appreciation. If you are eligible for any of these awards, please forward the necessary information to Mrs. Shirlie Kristenson, 42 Hawthorne St., Westwood, Mass. 02090

Pauline Malnati
M.S.F.S.A. Public Relations

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS
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APRIL 1976

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

A MONTHLY REPORT

IDEAS •••••••••••••••• DEVELOPMENTS ••••••••••••••••TRENDS

BREAKFAST AT SCHOOL

Breakfast at school is an everyday occurrence in 427 Massachusetts schools. Other schools are busy setting up Breakfast Programs for the remainder of this school year or for 1976-77. In the following interviews, school food service directors and coordinators offer their suggestions and personal experiences to help make this job a little easier. All interviewees agreed that schedule juggling, good organization and careful budgeting are essential. The strong sense of satisfaction gained by meeting this professional challenge is clearly evident in each supervisor's description of his program. Hopefully, the ideas, enthusiasm, and honest feelings shared here will help you.

Food Service Personnel at Somerset Senior High School serve approximately 166 breakfasts each morning, including a daily protein rich food. Dorothy Lees, Food Service Director, says, "On the breakfast we don't have any garbage, they eat everything. When the first crowd comes in they come in without anything in their stomachs, they're hungry and ready to eat."

The Somerset Program began in 1970 as a means of quieting down a large morning study hall held in the cafeteria. The students were hungry and had time on their hands, a volatile combination. The theory was that if students were busy eating they would be less of an annoyance.

Today one teacher supervises a much quieter group of students and they are receiving a nutritionally sound breakfast for 25 cents. Actual cost of each meal is 35.4 cents. About 20 needy students take part in the program and federal reimbursement is received for all meals. With this assistance, the program is self-sustaining and able to support staff salaries for one cook (6:45 am to 10:30 am) and a cashier. The cook also works on the lunch program, but her "breakfast hours" come out of the breakfast budget. All breakfast program money is handled separately from the lunch program money.

The cook prepares breakfast in the school lunch kitchen. Mrs. Lees explained that the cook spends approximately 15 minutes, after working on the lunch program, preparing for the next morning's breakfast. Juice is set up and toasted cheese sandwiches made and covered on trays, ready to be popped into the oven. The next morning only 10 minutes are needed and "breakfast is on."

Breakfast at School...continued

A jet machine for orange juice was Mrs. Lees' first major purchase. She says the servings of orange juice are unlimited and she considers the juice essential in her program for a successful breakfast. Grilled cheese sandwiches are served every day no matter what else is on the menu. Cold cereal is an everyday item too, but hot meals are the most popular. Other menu success stories? Hamburgers with melted cheese on top...homemade cinnamon rolls, muffins and coffee cake, toast-peanut butter-fruit, frozen waffles...

Velma Pereboom, of the Cambridge Public School System, coordinates a School Breakfast Program on both the elementary and secondary level. Eleven elementary schools, five satellite schools and two high schools participate.

A cold breakfast was first served in 1973 in one school. At first only the cold breakfast kit with orange juice, cold cereal, milk, and the napkin-straw-spoon pack was offered. Miss Pereboom says she began the program in one school at a time. She hired the aide who prepares, serves and supervises the breakfast, trained her to handle the program and then went on to the next school.

One teacher aide in each school works for two hours to prepare and serve from 20 to 150 breakfasts. The food is prepared in the main kitchen at Robert Kennedy School and delivered to the satellite schools, while the self-contained schools use the school lunch kitchen for preparations.

In 1975 the Cambridge Public Schools began to offer hot breakfasts. Today children have a choice of a hot or a cold morning meal, except in the High Schools which are limited to a cold breakfast program at this time.

The hot menu varies each day and may feature waffles, toast, pancakes, French toast or hot cereal served with applesauce or fruit juice and a carton of milk.

All morning meals meet the breakfast pattern. 16% of the schools' combined enrollment participate in the breakfast program and 96% of those participants receive free or reduced-price meals.

Looking ahead to the necessary expansion of the program for 1976-77 Miss Pereboom is considering ways to incorporate a protein rich food into the menu periodically. She also hopes to offer a hot breakfast in the high school if it is feasible during an anticipated construction project.

Miss Pereboom says the Breakfast Program has increased her time spent on book work, training of aides, purchasing and processing and has increased some of the office work involved with paying the bills, and keeping track of reimbursement claims. But, she concluded the interview saying "I personally can see the good of it." She feels that more parents need to know about the program in the Cambridge Schools, "I have found the children actually eat better than at lunch, they are hungry."

By Mary Sexton, Intern

Dartmouth High School has had a breakfast program since April 1975. Breakfast was initiated at the request of the students. Mrs. Gloria Medeiros, who oversees the program, admits to her early reservations. "I didn't sleep for many a night wondering how I was going to pull this thing off." But she says she has no problems now.

Breakfast at Dartmouth High School is a self-sufficient proposition. State commodities cannot be used since the program is not government funded. Because there is no outside aid, prices are necessarily higher. Each item is sold a la carte. Mrs. Medeiros says, "The students do pay it. I thought that would be the determent, when they see the prices." During February 225 students had breakfast each day, of the 1,334 students enrolled in the High School.

Mrs. Medeiros hired one additional staff person from 6 to 9 am when setting up the program. A student cashier was also hired. Both salaries are paid out of the breakfast money.

Breakfast, served 7:15 am to 8:30 am, features fresh fruit, juices, milk, cold cereal, bread items and coffee. The breakfast cook prepares this food in the snack area of the cafeteria, separated from the kitchen in which lunch is prepared. The snack area consists of two electric food warmers and cold storage for milk. Mrs. Medeiros avoids using the school lunch kitchen as it is already being stretched beyond its capacity.

Next school year, 1976-77, the Dartmouth Public School System will serve breakfasts based on the breakfast pattern in the four elementary schools, the Middle School and the Senior High School.

Mrs. Medeiros was hesitant about the breakfast program at first. She says she couldn't help thinking, "How come these students in High School can't get their own breakfast?" But since then she has seen how most students who are using the program buy every day and how the students seem to really enjoy breakfast with their friends. In the light of her success and the students acceptance of the school breakfast Mrs. Medeiros is confident about the continuation and expansion of the Dartmouth School Breakfast Program.

Breakfast at School

Robert Gebo supervises a breakfast program in Bridgewater which has served the Middle School and four satellite schools for five years. He says, "We try to keep the program as simple as possible."

The Bridgewater area workers serve about 2,000 morning meals a month. They average 15 to 20 minutes preparation time daily in each school. Two workers are needed for one hour in the Middle School where over 150 breakfasts are served each day. In the satellite schools one worker for one hour is able to handle the 80 or 90 students eating breakfast each morning.

With the federal reimbursements for the free and reduced price meals the program pays its own way, including the wages of the breakfast workers. Mr. Gebo began the Breakfast Program because nearly 75% of the children participating in the School Lunch Program qualified for a free or reduced-price lunch. He felt that these children also needed a breakfast and so in setting up the program he did research, surveying the children and talking with school principals and teachers. Five years of operation attest to the success of the program as do the letters from principals and teachers saying that they notice students are more attentive and better behaved since the breakfast has been available and that children's general attitude in school seems to have improved.

Most food-preparation is done in the individual school. The four satellite schools have a grill to toast bread and make cheese sandwiches. Once a month a protein food like sausage, ham or scrambled egg is prepared in the Middle School cafeteria and distributed to the other schools in the program.

The usual breakfast begins with orange juice served in the line. Children drink it there and discard the cups at the end of the line before sitting down. Toast is served on a napkin and milk poured over cereal in a bowl-pack. Children demand sugar on their cereal so sugar coated cereal is served. "I know this isn't best for them, but sugar is an added cost and providing sugar bowls an inconvenience," Mr. Gebo said.

Mr. Gebo offered this thought on children's eating patterns in a recent interview, "A lot of children don't want to eat when they get up early in the morning. But after they're up an hour or so they're hungry and ready to eat." This may account for some of the children who come to school without eating but who are not needy. Mr. Gebo suggests that students who have to rise early and spend 30 or more minutes on a bus getting to school fall into this group.

According to Mr. Gebo, initiating a breakfast program is not a big problem if you get the cooperation of the administration. He cautions that, "At first it seems hard because you worry about a lot of problems you think you are going to have but don't. It all goes back to the director, his attitude and way of putting the idea over. He can make or break it."

BREAKFAST PROGRAM APPLICATION PROCEDURE APRIL-JUNE 1976

Notice in regard to Breakfast Application procedure for School Food Service Programs who have to initiate a Breakfast Program for the period between April 1, 1976 and June 30, 1976.

In order to receive Application Approval and Reimbursement for the Breakfast Approval, please follow this procedure:

Send a letter, signed by the Superintendent of Schools, to the Bureau of Nutrition Education including the following information:

1. The name of each school.
2. The starting date of the Breakfast Program for each school.
3. The charge to the student for a Paid Breakfast.
4. The charge to the student for a Reduced Price Breakfast.
5. Also state that your Sponsor Copy of Form - FP-1, the Consolidated Application (buff color) and Form FP-1A, the Schedule "A" Program Application (green) have been changed in all the proper sections to reflect these additions.

These changes, as stated in your letter, will be made on our Office copies.

FOOD EXTRACTORS.....NO PRODUCT RECOMMENDATION

A particular firm has provided schools with a letter containing information indicating subtly that this Bureau recommends the purchase of a particular food extractor for choking victims.

This is a misrepresentation, as we have not approved of nor recommended any particular extractor for school use.

Even when the final regulations are issued to implement the provision of Chapter 787-Acts of 1975 it is quite likely that we will recommend to school authorities that they seek advice from their local public health official regarding the type of instrument used in their school and/or schools. We do not now and have never in the past recommended a specific product of any kind.

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE - 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

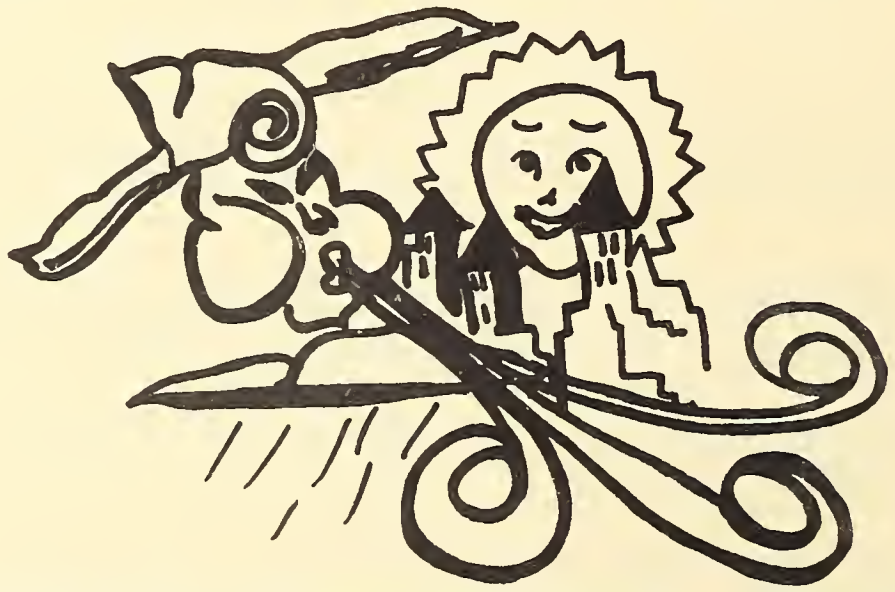
VEGETABLES AND FRUITS - 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement).

BREAD - 1 slice of whole-grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 teaspoon of butter or fortified margarine. This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.



The Wilbraham Public Schools and the Minnechaug Regional High School are requesting applicants for the position of assistant food service supervisor for the hot lunch program. All schools are located in Wilbraham Ma. and the work-year is 190 days. Please send resumes to Mr. E.E. Hoefner, Business Manager, Wilbraham Public Schools, 621 Main Street, Wilbraham, Ma 01095, and/or call 413-596-3884 for further information.

THE BREAKFAST PATTERN

A breakfast based on the three-component breakfast pattern specified in the School Breakfast Regulations provides children with a good start toward meeting their daily nutritional needs. The kinds and amounts of foods listed are based on food needs for 9 to 12 year-old boys and girls.

The breakfast pattern specifies each of the following food components in the amounts indicated:

FLUID MILK

One-half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE

A one-half cup serving of fruit or full-strength fruit or vegetable juice.

BREAD OR CEREAL

One slice of whole-grain or enriched bread; or an equivalent serving of cornbread, biscuits, rolls, muffins, etc., made of whole-grain or enriched meal or flour; or three-fourths cup serving of whole-grain cereal or enriched or fortified cereal; or an equivalent quantity of any combination of these foods.

TO IMPROVE THE NUTRITION of participating children PROTEIN RICH FOODS are encouraged when they can be added to the menu.

One egg; a one ounce serving (edible portion as served) of meat, poultry, or fish; or one ounce of cheese; or two tablespoons of peanut butter; or an equivalent quantity of any combination of these foods.

Additional foods may be served with breakfast as desired.

A helpful booklet, "A Menu Planning Guide for Breakfast at School," put out by USDA is available by writing The Bureau of Nutrition Education Education and School Food Services, Dept. of Education, 182 Tremont St. Boston, Ma. 02111.

The planning guide includes the breakfast pattern, nutrition guidelines listing specific foods in each pattern category, sample breakfast menus, suggestions for schools without food preparation and storage facilities, and an evaluation form to check proposed breakfast menus against.

APRIL COMMODITIES

Commodities Expected To Be Available for May 1976

Frozen Ground Beef
Shortening
Orange Juice (72-4 oz.)
Concentrated Orange Juice
Frozen French Fries
Pea Beans
Flour, All Purpose
Dry Milk
Chopped Cheese for Pizza
Applesauce, [illegible]
Margarine
Cranberry Sauce
Peanut Butter

Shipping and purchasing difficulties may make some variation in the above list.

MAYONNAISE

This may be the last month that this item will be available as we are unable to get additional supplies of peanut oil. Store this commodity in your storeroom at room temperature. Do not store in the refrigerator.

FLOUR

In most instances the amount of flour you will receive will be small in comparison to what you would be able to use. It is important that you use all of this product before school closes for the summer. As you know, the heat will cause the flour to become infested. If carrying through the summer results in infestation, then a claim will have to be made for loss of the product.

ORANGE JUICE - 4 OZ. CUPS

The quantity of orange concentrate being made available to us is greater than we anticipated; therefore, our processing agreement has been extended to have the concentrate made into full strength orange juice packed in frozen 4 oz. cups. This commodity is to be used for satellite and breakfast programs only.

COMMODITIES IN COMMERCIAL LOCKERS

School should maintain perpetual inventory records of all commodities stored in commercial lockers. These records should include dates,amounts, and kinds of commodities placed in and withdrawn from the locker. The school lunch manager should check the condition of these commodities at least once a month, take a physical count of them and compare that count with the perpetual inventory records. Be sure that all commodities are used on a first in-first out basis.

30 YEAR AWARD

As part of the Bicentennial celebration and in conjunction with the 30th Anniversary of the National School Lunch Program, the United States Department of Agriculture-Food and Nutrition Service, Child Nutrition Section, and ASFSA are honoring people who have worked 30 years with or in support of the National School Lunch Program on any level, federal, state, or local. If you began working with the lunch program during or before the 1946-47 school year and will continue through December 1976, please write down your name, address, and current employer and send it to:

Bureau of Nutrition Education and School Food Services
182 Tremont St. 10th Floor
Boston, MA 02111

An excused leave of less than 1 year may be disregarded.

Each qualified individual will receive a 30 year Anniversary Certificate from USDA and a 30 year pin from MSFSA.

MEAL TAX

Since public school cafeteria programs became subject to the 8% Massachusetts meals tax the Bureau of Nutrition Education and School Food Services has received many calls from school food service personnel asking for information and guidance.

The Bureau is always happy to answer questions or provide other assistance when possible. However, the Department of Corporations and Taxation, meal tax section, is the only Department with the authority to answer questions and provide information on the meal tax as applicable to school food service programs.

So, for the most authoritative answers, please direct your meal tax questions to:

Department of Corporations and Taxation
Meal Tax Section
Sales/Excise Tax Bureau
100 Cambridge St.
Boston, Ma 02204

Tel: 617-727-4630
or 727-4128

ACCOUNTING NOTES

In reviewing monthly claims we find that approximately 80% of the claims are filed correctly and processed without delay. 20% of the claims submitted have errors that are mostly due to carelessness and must be returned to the sponsor. This delays your payment.

Listed below are some of the errors that appear most commonly and delay processing:

FP-6:

1. Unauthorized or no signature (stamped signature not acceptable).
2. Extension of Column B x C does not = Column D - Item 3.
3. Improper rate - Column C.
4. Line 2 + 3 + 4 does not equal Line 1, Item 3.
5. Line 7 + 8 + 9 + 10 + 11 does not equal Line 6, Item 3.
6. Line 13 + 14 does not equal Line C of Item 4.
7. Claim incomplete

FP-6B:

1. Unauthorized or no signature (stamped signature not acceptable).
2. Opening cash balance - must be closing cash balance of previous months Line H, Section 1.
3. Computation of Section 1.
4. Computation of Section 2
5. Computation of Section 3
6. Total of Section 2 does not equal Line G of Item 1.
7. Total of Section 3 does not equal Line L of Item 1.
8. Financial report incomplete.

Please exercise extreme care before submitting your claim.

HELPFUL BUT NO LONGER AVAILABLE

Along with your monthly reimbursement checks you have been receiving an attachment showing a breakdown of the total amount of your reimbursements into proportionate State and Federal shares. Although many schools have found this attachment, commonly called a stub, useful, we have been informed by the State Treasurer that these attached printouts will no longer be available due to an effort to reduce the workload of his limited staff.

Fortunately, the new FP-6 claim form which you are using has been designed to produce this same information for you. Your State share may be found on Line 1 - Item 3 in Column D. Your Federal share represents the difference between this amount and the total being claimed on Line 16 - Item 3 in the same column.

Continued on Page 11

Helpful But...

Please make sure that the reimbursement check received for the reporting period is the same amount indicated on Line 16. If there is a difference and you have not received an adjustment notice from the Bureau accounting office, kindly let us know.

PRUNE FRUIT COOKIE

#30 scoop
2 in. apart on cookie sheet
Bake at 350 degrees for 10-12 minutes.

	135 cookies	270 cookies	
Butter	2 lbs.	4 lbs.)	
Brown Sugar	1 1/2 lbs.	3 lbs.)	Cream until light
Granulated Sugar	2 lbs.	4 lbs.)	
Dried Egg	6 oz.	12 oz.)	Add and mix.
Water	2 cups	1 qt.)	
Prunes (chopped)	2 lbs.	4 lbs.)	Add 1/2 flour and
Flour	3 lbs. 10 oz.	7 lbs. 4 oz.)	prunes
Soda	4 tsp.	2 Tbspn. & 2 tsp.)	
Ginger	1/2 tsp.	1 tsp.)	
Cloves	4 tsp.	2 Tbspn & 1 tsp.)	Mix dry ingredients
Nutmeg	4 tsp.	2 Tbspn. & 1 tsp.)	and add to mixture.
Salt	2 tsp.	1 Tbspn. & 1 tsp.)	
Orange Juice (concentrate)	1/2 cup	1 cup	Add and mix well.

Dorothy Holmes
Manager of J.F. Kennedy School
Brockton, Ma.

CALENDAR NOTES

June 20-25, 1976.....School Food Service Conference for Supervisors and Managers, U. of Mass., Amherst

August 16-20, 1976...School Food Service Conference for all personnel
Stonehill College
Easton, Ma.

If you are a recently appointed school food service director if if your district anticipates a new director joining the staff soon, please make plans to take advantage of the course for new food service directors offered by the Bureau of Nutrition Education and School Food Services at Amherst June, 1976 or at Stonehill in August, 1976.

BICENTENNIAL MENUS

APRIL:

LOUISIANA PURCHASE

CAJUN CREATION

LOUISIANA RICE

PIRATE'S TREASURE SPINACH

RIVER BOAT SALAD

FRENCH BREAD, BUTTER

LEWIS AND CLARK COOKIE

MISSISSIPPI MILK

MAY:

SOUTHERN PLANTATION

SOUTHERN STYLE CHICKEN

DIXIE LAND MASHED YAMS

BRER RABBIT GREENS

MAGNOLIA DELIGHT FRUIT

CRINOLINE CORNBREAD, BUTTER

COTTON JUICE

RICE IS RICH IN HISTORY

Are you serving the Bicentennial menus each month? One of the foods featured for April is Louisiana Rice and here are some interesting facts about rice that you might want to use on bulletin boards and menus.

*Rice is the chief source of food for more than one-half of the world.

*Enriched cooked rice is a nutritious food. It supplies the following nutrients: protein, calcium, iron, thiamin, riboflavin, and niacin.

*Rice has been used as food since early times. Mention is made of rice in the Talmud and by ancient Greek historians.

*Throwing rice at weddings is an old Chinese custom that is still done today. Rice is a symbol of plenty.

*In 1686 a ship from Madagascar landed in Charleston, South Carolina in need of repairs. As part of his appreciation for work well done, John Thurber, the ship's captain, gave a bag of rice to Governor Henry Woodward, who cultivated it in his garden.

*Today, rice is a major crop that is exported by the United States.

*Thomas Jefferson cultivated rice at Monticello as one of his favorite foods and introduced upland rice farming.

*South Carolinians used rice as currency in the 18th century and called it "Carolina Gold."

*Rice is versatile. It is used for a breakfast cereal (as is) or can be served puffed, flaked, or ground. It is a mainstay for entrees and can be featured as dessert.

Use your ingenuity to feature this century old food in a variety of ways this month.

IT HAPPENED FIRST IN BOSTON

1634 The first public park in America, the Boston Common, was established.

1635 The first public school, Boston Latin School, was founded.

1636 The first American College, Harvard, was founded in Cambridge.

SAMPLE SAMPLE SAMPLE
SCHOOL LUNCH MILK SPECIFICATION BID FORM

1. Contract shall be for approximately _____ one-half (1/2) pints Homogenized milk per year to be delivered to the various schools, at time and places specified by the cafeteria director.

2. Milk shall be delivered in one-half pint bottles or cardboard containers.

3. The butterfat content of the milk shall be 3.5% or better.

4. Price quoted shall be based on an escalated price based on the Class I milk price at 186 half-pint containers per hundred pounds.

5. All milk to be Homogenized and conform to all standards as prescribed by the Sanitation Department of the

6. Milk shall be delivered and stored in the cafeteria milk coolers.

7. Surplus milk in coolers prior to vacation dates must be collected and credited to the _____.

8. The cafeteria manager reserves the right to adjust daily orders.

9. The School Committee reserves the right to reject any or all bids and to accept any bid deemed to be in the best interests of _____ _____.

10. The successful bidder agrees to furnish a performance bond for the duration of this contract, if required by the School Committee.

11. Delivery shall be made during the hours of 7:00 a.m. - 9:00 a.m. daily or unless otherwise arranged.

12. Milk left in the storage containers from the day before shall be rotated by the successful bidder's delivery man before the fresh milk is placed in the coolers.

13. In the event of a shortage of milk during any serving period, upon request of the Cafeteria Director, additional milk shall be delivered immediately without additional cost to the _____ for such request for delivery.

14. The vendor shall be compensated or the School Food Authority shall be credited in accordance with any fluctuation in price which occurs after the initial bid contained herein. The basis for such fluctuations in price shall be either the price adjustments established by the Massachusetts Milk Control Commission, the Federal Milk Market

Administrator and/or the Regional Common Milk Marketing Agency. In no event, however, shall the vendor receive an adjusted differential rate in excess of that which he actually pays to the producer. Whenever the price paid to the producer declines the School Food Authority's price paid to the vendor shall be reduced automatically by a like amount.

BID FORM

I agree to furnish milk to the _____Public Schools in accordance with the current Bidding Instructions and Milk Specifications for the below stated price. This price is one which escalates upwards or downwards, according to the Class I milk price as set by the Massachusetts Milk Control Commission and the U.S. Department of Agriculture for the _____area, and based on 186 one-half pints per hundred weight.

Date_____
(Use Oct. date)

1)

2) Class I _____area price/cut _____

3) Prorated Class I price per 1/2 pt. _____
No. 2 divided by 186

4) Bidded Price above Class I price _____

5) Delivered today's price per 1/2 pt._____
No. 3 and No. 4

SIGNED_____

TITLE_____

COMPANY _____

ADDRESS_____

TEL. NO. _____

The _____School Department reserves the right to accept or reject any or all bids and to award the bid which, in their opinion, best serves the interests of the _____School Department.

MSFSA Notes

Spring has arrived and another school year is drawing to a close. Our state president had as one of her aims for the Association during this Bicentennial year a membership of 1776. If you have forgotten to renew your membership,do so, now! It's not too late. Also, please pass the word to your co-workers who are not members. Ask them to join now - so we can surpass our president's goal.

National Convention time is just around the corner. Plan to join the Massachusetts delegation in Honolulu, Hawaii. The dates are August 1 - August 5. There will be many interesting programs and exhibits. This is a great opportunity to combine professional enrichment with a wonderful summer vacation.

Pauline Malnati
M.S.F.S.A. Public Relations

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS
Department of Education
Bureau of Nutrition Education
and School Food Services
182 Tremont Street, Boston, Massachusetts 02111

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Massachusetts

May 1976

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

A MONTHLY REPORT
IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS

SPRING SEMINAR

STANDING ROOM ONLY

Over 350 people registered to attend the lively and successful Spring Seminar for School Food Service Supervisors and Managers March 30, according to Miss Fran Cullen, who organized and directed the seminar. Miss Cullen said that unfortunately, many additional people who tried to register could not attend the seminar due to space limitations.

John Stalker, Director of the Bureau of Nutrition Education and School Food Services, opened the seminar by sharing information on recent developments in Child Nutrition and Feeding Program legislation. He also explained some of the provisions of Public Law 94-105. Mr. Stalker warned the group that President Ford recently filed a bill which would instate a block grant appropriating only 2/3 of the money now provided by School Food Service legislation. According to Mr. Stalker, "We are not seeking any major changes in Public Law 94-105, only to maintain the present program instead of going into a block grant that will provide only for the very needy children." He said it was too soon to know how the President's Bill will fare in Congress; however, it is a piece of legislation that school food service personnel should follow closely.

Two separate morning sessions followed the opening address. Miss Ruth M. Holmes, a new staff member at the Bureau, discussed Effective Purchasing in Today's Market." She set a spritely pace as she capsulized trends in purchasing--oral agreements vs. contractual, problems caused by fluctuating markets, and cost breaks for directors depending on their storage space and distance from the purveyor as well as their cooperation in unloading and releasing the driver. Miss Holmes also described some group purchasing methods. She recommended The Almanac of the Canning, Freezing, Preserving Industries,* which gives label information and a guide on how to grade canned products.

The second session,"Breakfast is a Bright Beginning," explored the new Breakfast Program policy which the Bureau of Nutrition Education and School Food Services is administrating. "Breakfast Makes a Difference" was presented by Dorothy Callahan. Julius Candela provided some tips under the title "This Is How To Do It." Noreen C. Waters, Brockton; Rose Jordan, Fitchburg; and Scott Berry, of Haverhill shared their experiences under the topic heading "Its Being Done Here."

Continued from page 1

The hour break for lunch was barely time to talk over the ideas, questions and controversies stirred by these two sessions.

Participants faced a dilemma in choosing one of the afternoon sessions to attend. Chuck Hamburg, (Program Director, Hotel, Motel, and Food Service Department, Bunker Hill Community College, Charlestown) spoke on the subject "Managers Must Manage." Mr. Hamburg explored the four "daily basics" in a manager's life: planning, organizing, controlling and supervising. He also covered ideas on motivating workers and effective communications. He concluded by saying, "We are in a business based on profit and loss; whatever we do, hotel, motel, restaurant or school food service. But... let's never forget what that business is all about--hospitality."

"Provocative Thoughts for the Wise Consumer, Eat, Drink and Be Wary" provided Monya Geller, Rita Brennan and Louise B. Thompson a forum where food buying habits could be investigated. In this session participants were asked to identify mystery foods by analyzing a list of ingredients. They discovered that foods served in the cafeteria should be given a careful second look to see what they actually contain and that more foods that are not highly processed should be served.

Both afternoon sessions were informative and thought-provoking as well as enjoyable listening.

The Spring 1976 Seminar concluded on a high note as some of the challenges faced by School Food Service Employees for the 1976-77 school year were crystallized:

...another legislative struggle on Capitol Hill to retain basic funding
...instituting or expanding Breakfast Programs in many school systems
...using more human psychology and understanding for more effective management
...keeping up on the continuing debate over the effects of food additives on the nutritional value of foods

Today in Massachusetts we have food service programs that have successfully met one or all of these challenges and this serves to encourage us to continue with enthusiasm and a practical plan to expand on past successes.

---

*The Almanac of the Canning, Freezing and Preserving Industries, Edward E. Judge & Son, Inc., 79 Bond St., Westminster, MD 21157

JUNE BICENTENNIAL LUNCH MENU

COVERED WAGON CHILI WITH BEANS

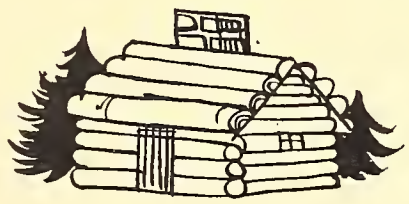
GOLD NUGGET GARNISH

GOLD RUSH SALAD

CAMPFIRE SOURDOUGH BREAD, BUTTER

CRAZY QUILT KUCHEN

MINER'S MILK



JUNE BICENTENNIAL BREAKFAST MENU

THEME: GOLDEN WEST BREAKFAST

GOLDEN STATE ORANGE WEDGES

MINER'S SAUSAGE OR GOLD RUSH SCRAMBLED EGGS

SOURDOUGH ROLLS

MILK

BREAKFASTING IN SCHOOL

The following communities and regional schools currently serve breakfast. Food service directors organizing a breakfast program for the first time might benefit from a visit to one of their programs to collect ideas and have their questions answered. Please arrange any visits through the school system's food service director.

Amesbury
Avon
Barnstable
Belchertown
Beverly
Blackstone
Boston
Bridgewater
Brockton
Brookline
Cambridge
Chelsea
Chicopee
Cohasset
Duxbury
E. Bridgewater
Everett
Fall River
Falmouth
Fitchburg
Framingham
Georgetown
Gloucester
Greenfield
Harwich
Haverhill
Holyoke
Lawrence
Lowell
Lynn
Malden
Marlborough
Marshfield
Mashpee
Methuen
Middleborough
Millbury
Montague
New Bedford
New Salem
Newton
North Reading
Peabody
Pittsfield
Provincetown
Quincy
Randolph
Rockland
Rockport
Salem
Scituate
Seekonk
Somerset
Somerville
Springfield
Tewksbury
Tyngsboro
Watertown
Webster
Worcester
Adams-Cheshire

Continued bottom of Page 4

THE CASE OF THE MISSING MILK CASES

Last year milk processors lost and estimated $5. million worth of milk cases. Since 1969 one local Boston milk company has lost 1,800,000 milk cases valued at $3.8 million! Losses have reached such epidemic proportions that they are reflected in the price of the milk. Eventually, the customer pays...if he didn't pay for the milk case he is using as a bookcase, carrier on a bicycle or display for a fruit stand someone will pay for it over a period of time through the increased price of milk. The companies are simply unable to absorb losses of this size and stay in business.

Milk companies report that the cases are used for everything from storing dishes to garbage containers. They need their customer's support in recovering the misused milk cases. Please give the school cafeteria,storage areas and classrooms a once-over search to see if there are cases in the school that should be returned.

New Bill Imposes a $10.00 to $100.00 Fine for Misuse of Milk Cases

The problem is so serious that last year the Massachusetts Senate and House of Representatives passed a bill making it a crime for anyone to carry away or convert a milk container for their own use. It might be helpful to alert teachers to this law if they are likely to use the cases in the classroom:

> Bill 5509 says: "Whoever, without permission of the owner, carries away or converts to his own use a plastic or wire milk case or a plastic or wire container for milk products which has been indelibly stamped with the name of a milk dealer or association of milk dealers shall be punished by a fine of not less than ten and not more than one hundred dollars."

BREAKFAST IN SCHOOL

Continued from Page 3

Dennis-Yarmouth
Dover-Sherborn
Mass. Experimental
Worcester Trade Complex
Masconomet Reg. Jr. Sr. High
Diman Reg. Voc. Tech. High
Gr. Lawrence Reg.Voc.Tech. High
Triton Reg. High
Gr. Lowell Reg. Voc. Tech. High
Minuteman Voc. Tech. High
Montachusett Voc. Tech. High
McCann Tech. High
Nashoba Valley Tech.
Shawsheen Valley Voc. Tech. High
Bay Path Voc. High
Whittier Voc. Tech. High

CHILD NUTRITION

BICENTENNIAL AWARD

If schools in your district have not earned the Bicentennial Banner plus gold stars it is not too late to apply for the award. To qualify for an award a school must complete at least two of the three areas described below.

Alert school food service personnel in Massachusetts have used the Bicentennial Banner, symbolizing the Child Nutrition Bicentennial Award, as one more motivational device to capture student's natural interest in food. Be sure your school or district doesn't miss this opportunity.

1. Heritage '76 - (Heritage Menu Participation) - Participation in at least one Bicentennial Celebration activity which shall consist of, as a minimum, serving the designated monthly heritage menu for any of the months during the award period.

2. Festival USA - (Universal Menu Participation) - Participation in the National School Lunch Week in October 1975 or 1976 by serving the Universal Menu and participating in at least one other activity (such as "Invite America to Lunch") during the week. NOTE: Two activities must be completed in this area to qualify for one criterion.

3. Horizons '76 - (Increasing Participation) - Increase school lunch and/or breakfast participation by an average of 5 percent or more for any one month beginning September 1975, and continuing through October 1976. (The October date allows for presentation of an award before the end of 1976). Any school currently attaining 100 per cent participation, or reaching that goal within the award period, shall automatically qualify under this area.

As soon as a school has completed two of the three areas fill out an application and send it to: Attention: Frances Cullen, Bureau of Nutrition Education and School Food Services, 182 Tremont St., Boston, Ma. 02111. Your application must include proof of participation, eligibility, newspaper articles, pictures, stories, testimony of school officials, etc. Additional application forms can be ordered by calling 727-5764.

A Cook-Food Service Manager position on the elementary school level is open at the Ten Acre Country Day School. The job is for the noon meal only and the average daily participation is about 125 students. Starting date is September 1976 and the salary is negotiable. Please contact Mr. Fleming, Business Manager, Ten Acre Country Day School, 78 Benvenue St., Wellesley, MA 02181 Telephone: 235-2282

WEBSTER INTERMEDIATE SCHOOL FOOD SERVICE PERSONNEL

LUNCH BECOMES AN HISTORIC EVENT

Food service personnel at Webster Intermediate School served a Bicentennial lunch February 25, 1976 to the Intermediate School students and the Elderly Group. The costumed staff served Chicken Mount Vernon, Martha's Mashed Potatoe, Monticello Salad, Lincoln Log and Dolly's Fruit Pudding. The cafeteria staff made their own costumes for the occasion and will continue to wear them when other Bicentennial menus are served.

Elderly Program participants appreciated the efforts of the school cafeteria staff to make dining at school an enjoyable experience. Mr. Jeremiah Moriarty, Superintendent; Mr. Gerald Deary, Principal; and Mrs. Marie Roy, Director of School Food Services, also attended the event.

THE BICENTENNIAL TO DATE

1776	May 2	French clandestine support to colonies begins. Charles II of Spain makes similar arrangements soon afterward.
1776	May 4	Rhode Island declares independence.
1776	May 21	Congress learns that Britain has hired German troops.

BICENTENNIAL BANNER WINNERS

Fitchburg, St. Bernard's Elementary School
Wellfleet, Wellfleet Elementary School
Fall River, 2 Schools
Ashby, Ashby Elementary School
New Salem, New Salem/Wendell Union Elementary School
Rutland, Naquag Elementary School
Dudley, Shepherd Hill Regional High School
Watertown, 13 Watertown Schools
Greenfield, 11 Greenfield Schools
Seekonk, 9 Schools
Blackstone, Blackstone-Millville Regional Jr. and Sr. High
Otis Air Force Base, Edward C. Stone School
Wakefield, Northeast Metropolitan Regional Vocational School
Falmouth, 8 Schools
Longmeadow, 7 Schools
Sudbury, 7 Sudbury Schools
Somerset, 8 Schools
New Braintree, New Braintree Grade School

MASHPEE PUBLIC SCHOOLS

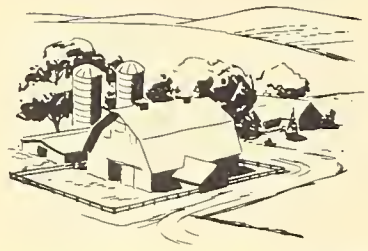
RENEW A 356 YEAR OLD TRADITION

If it hadn't been for the Mashpee Indians of Cape Cod the history of the Plymouth Pilgrims' first year in American would have been a tragic story. The Mashpees shared their corn and wild game with the starving Pilgrims that harsh winter of 1620 and then helped the newcomers to learn the survival techniques of planting and hunting which they sorely needed.

Many descendents of the Mashpee Indians suffer from malnutrition today. However, the school age Indian children together with children who could possibly be descendents of the Pilgrims are able to benefit from a nutritionally balanced breakfast and lunch through the federally reimbursed school feeding program.

The Mashpee Public School System has been operating a school lunch program since the 1930's. Three years ago the schools also began a breakfast program, one of the first on Cape Cod.

Mashpee teachers have seen the children benefit from these meals nutritionally as well as emotionally and socially; they have unanimously recognized the value of the two feeding programs for children. The benefits of in-school meals are especially noticeable in a community where a number of children are not able to get nutritious foods in adequate amounts at home. The Mashpee Public School's breakfast and lunch programs seem to be a continuation of a tradition that began in 1620 when the Indians and the Pilgrims shared their food so that everyone would have enough to eat.



BREAKFAST WITH A WARM TOUCH

Mrs. Nellie Domina, Supervisor of the Seekonk School Lunch Program, and her breakfast cooks are enjoying the sweet rewards of a popular program and enthusiastic (and vocal!) student appreciation of their recipes. They are so pleased with their program and how it has grown that they graciously took the time recently to share some of their "secrets of success."

Seekonk High School students requested that a daily breakfast be served October 1974. Mrs. Domina and her breakfast cooks, Mrs. Anna Cimino, Head cook, and Mrs. Dolores Botelho, cook-cashier, have since developed a tantalizing selection of breakfast fare and some special recipes developed in Mrs. Domina's words, "...through experimentation, taste-testing, and LOVE." Each day students have a choice of cold cereal, two open-faced grilled cheese sandwiches, a peanut butter sandwich or a special of the day. This fourth choice varies each day and is freshly baked. It may be:

Fruit Danish - either cherry, blueberry, apple, or
Lemon Cinnamon Buns or Sticks - with a drizzle of icing
Snickerdoodle - cut in large squares (50 per 18/26 pan)
Muffins - blueberry, corn, or apple
French Toast - made with government eggs and milk
Scrambled Eggs with Ham Bits - Recipe reprinted below and bread and butter
Hot Cross Buns
Occasionally the fourth choice is a waffle or Toasted English Muffins

Along with these four choices the students have a choice of juice or a dish of fruit and a carton of milk.

Mrs. Domina says that the snickerdoodles which cost .036 per serving, and the grilled cheese sandwiches, under .04 per serving, are the student's favorites. Commenting on her recipe for "Scrambled Eggs and Ham Bits" Mrs. Domina explains: "Our cooks experimented with this recipe until they came up with this near-perfect product. The students have helped by judging different combinations; such as, powdered milk and part fresh eggs along with egg mix. They like this best using fresh milk."

With this kind of pride in their work, and the concern and respect that the cooks show for the students, it is no wonder Mrs. Domina and her breakfast cooks are able to say of their program, "Our students love it, and our lunch count has increased rather than decreased."

SCRAMBLED EGGS AND HAM BITS FOR 25 SERVINGS

6 (6 ounce pkgs) Government Egg Mix)	$.06	
2 (1/2 pint) cartons whole milk	.20	
1/4 cup melted butter	.002	
Salt and pepper to taste	.01	$.27

Reconstitute egg mix with water according to package directions, using a wire whisk. Add milk, salt, and pepper and blend further. Pour into greased 12 x 15 pan, place in steamer and cook for 4 to 5 minutes, then mix with whisk.

While eggs are steaming, cut up 3 cans Government luncheon loaf in cubes. Spread ham on 18 x 26 pan and bake until well heated, but not dry.

Serve large scoop of scrambled egg and scoop of ham bits on each plate. Total cost for 25 servings $.36.

FRENCH TOAST FOR 272 SERVINGS

3 qts. water
8 pkgs. egg mix
5 half pint cartons milk
2 cups sugar
272 slices bread

Beat all ingredients except bread together until well mixed. Dip slices of bread into egg mixture and place in single layer on an 18 x 26 baking pan which has been generously greased. Bake in 360°F oven for 18 to 20 minutes.

This breaks down to a cost of 2.1 per slice or 4.2 per serving as opposed to 9.5 per slice from the wholesaler.

ATTENTION ALL SCHOOL LUNCH SUPERVISORS

Under Public Law 94-105, school systems are now eligible to participate in the Special Summer Feeding Program for children if the school is located in an area where at least 33 1/3 per cent of the children qualify for free and reduced-price school meals.

With permission from the local school administrators, a school system can sponsor a Summer Feeding Program with no organized activities required; or it can act as a vendor for other sponsors. Funds will be available to cover administrative costs; for example, the operating costs related to planning, organizing and supervising a good program. However, these monies can not be applied to the interest costs of a loan.

The rates of reimbursement for the Summer Feeding Program will be .8075 for lunch or supper, .45 for breakfast, and .2125 for supplemental food. If your school system would be interested in running a Summer Feeding Program contact the Expansion Section of the Bureau of Nutrition Education and School Food Services.

COMMODITY REVIEW

Commodities Expected to Be Available for September 1976.

Peanut Butter	Margarine or Butter
Shortening	Rice
Peanut Oil	Pea Beans
Dry Milk	Chopped Cheese
Raisins	Peanuts

The above list is a long range estimate that could have a number of additions before the opening of school in September.

Freezer Storage in Summer Months

Each year in June we tell you that if you are going to carry meat and other foods in your freezer during the summer months, you should tell your superintendent, the principal and the custodians. If you have a food loss because of freezer failure we not only cannot replace your loss, but we must claim against your program for the loss. Power failures happen without warning, so it's important that all school personnel be aware of food in the freezer. Someone should check the freezer every three days to be certain the power is on. Power failures do not have to be caused by a storm. There have been occasions when a kitchen was being painted that the painter stepped on the freezer's electric cord just pulling out the prongs of the plug far enough so there was no contact. There is also the possibility of a motor failure.

Flour

It was with regret that the amount of flour made available for each school was so small. We received 640,000 lbs. of all purpose flour and 400,000 lbs. of bread flour which seems sizable but amounts to approximately three fourths of a pound for each child in the program. Hopefully, now that USDA has started to purchase this food, they will not only continue but increase the quantity so that we can provide all that you can use.

Evaporated Milk

It was noted on the March inventories that a number of schools still have this commodity. It is a requirement that these cases be turned over every six months or the product will spoil. If you have more than you can use, please advise this office by letter and we will arrange a transfer.

Mayonnaise

This program has terminated. It will not be resumed in the Fall unless salad oil from soy beans is available. Although the peanut oil used in the mayonnaise is a very high type oil, the tendency to separate has been a problem.

Commodity Outlook for Next School Year

It would be wonderful to have a crystal ball to gaze into and see exactly what foods will be purchased next year so that we could assist you in your planning. This is not the case, but we can be comforted in knowing that Agriculture must purchase various food items to equal eleven cents for each meal served.

A TOUCH OF SPRING--VITAMIN A

Since Dixie Land Mashed Yams and Brer Rabbit Greens are featured in the May Bicentennial Menu, it seems appropriate to review the importance of Vitamin A.

This nutrient is necessary for healthy skin; for lining of eyes, ears, lungs, and digestive tract; and for helping the body to resist infection. It aids in tooth and bone formation and helps the eyes to adjust more easily from bright light to dim light.

Because Vitamin A is fat-soluble, it is not lost in cooking water. Some dietary fat is needed for its absorption. Butter, fortified margarine, liver, and egg yolk are good sources of Vitamin A. The body takes carotene from dark leafy and deep yellow vegetables to make Vitamin A. The availability of carotene in different foods for body use varies widely.

We made an interesting discovery in our research for this article. Although yams and sweet potatoes may be used interchangeably in recipes since their taste is similar, they come from two very different botanical families and have different nutritive value. Yams contain very little carotene but sweet potatoes are a rich source. Sweet potatoes also yield about three times as much Vitamin C as yams. To give the best food value to your clients, be certain you use sweet potatoes in your menu.

Before green vegetables were available year round, in the spring everyone looked forward to eating the first "mess o' greens." They were a welcome change after winter's monotonous diet of root vegetables and also considered as a health tonic.

(Most surveys show that many diets are low in Vitamin A and C. Perhaps our clients need the "health tonic" greens can provide.) The term "greens" refers to any cultivated or wild leafy green that is eaten raw or cooked.

The deeper the color, the greater the amount of carotene. Let your imagination take wing. If you are planning a raw green salad, introduce some of the more unusual vegetables like spinach, romaine, escarole and chicory. Fresh parsley adds flavor and nutrient value, too. For the greatest appeal be sure the combination is cold, crisp, and colorful.

Feature the Bicentennial Menu. Advertise and merchandise it. Use it as a vehicle to attract jaded palates to try new foods.

MSFSA Notes

Here we are, almost at the end of another school term. Have you accomplished all that you resolved to this year? Have you attended a workshop or an area meeting? Are you a member of A.S.F.S.A. and M.S.F.S.A.? Renewal notices for state membership dues are being sent out this month effective for the period September 1 through August 31. We sincerely hope you think enough of this association, the only professional organization for school food service workers, to renew immediately and endeavor to recruit co-workers, who are not members, to join too.

There will be major changes in school food service programs if pending legislation in Congress is passed. We must meet the challenge. Be prepared to write your Congressmen if contacted to do so. Tell them about the goals, progress and accomplishments of school lunch over the past thirty years and its contribution to the health and well-being of the children we serve.

It is also time to plan for the educational conferences held each summer.for food service personnel. The University of Mass. Conference at Amherst is a great opportunity for supervisors and managers to acquire techniques and ideas to help them in their work. A week-long program at Stonehill is planned for workers. Cooks and bakers should profit from the new recipes and work skills which are demonstrated at these classes. Plan now to participat

Pauline Malnati

M.S.F.S.A. Public Relations

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COMMONWEALTH OF MASSACHUSETTS
Department of Education
Bureau of Nutrition Education
and School Food Services
182 Tremont Street, Boston, Massachusetts 02111

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JUNE 1976

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

A MONTHLY REPORT
IDEAS •••••••••••••••• DEVELOPMENTS ••••••••••••••••TRENDS

June

THE JANUARY OF THE SCHOOL FOOD SERVICE YEAR

In considering what the month of June means to School Food Service personnel, the god Janus comes to mind. Janus is the Roman god symbolizing beginnings and endings. Usually associated with January, Janus looks back to what has gone before at the same time he is looking ahead.

During June, School Food Service workers find themselves in the same position as Janus. Reflections on past months of high speed activity come to mind as school kitchens are readied for summer inactivity. Day after day meals were turned out with the highest efficiency workers could muster. At times the effort was repaid with increased participation and eager smiles from hungry youngsters. In other cases, too much of that carefully prepared food came back uneaten. There were high moments...

--perfecting the enriched muffin recipe which will lead off in September as both a lunch treat and mainstay of the Breakfast Program,
--the satisfaction of having gotten a badly needed piece of equipment subsidized through the Expansion Section of the Bureau,
--the Bicentennial Lunch enjoyed as much by the superintendent as by the children.

Of all the fragile successes a Food Service staff garners during the year a child's appreciative smile is probably the most treasured and longest remembered. In School Food Service it is the equivalent of an Oscar or a Tony Award.

Appreciation...it draws ones thoughts to co-workers. How many smiles or words of encouragement and praise have they received from their supervisor? Audience appreciation means a lot, but verbal recognition and approval is like a shot of adrenalin.

A supervisor who shows his sincere appreciation to an employee is building that persons self-esteem. A person who feels good about himself and the job he is doing is motivated to do the best work he can each day. In this way his job becomes self-rewarding. June affords one last chance to let staff and co-workers know that their support and careful work has been noticed and appreciated.

Continued from p. 1

So much for looking back. Looking forward constructively means planning ahead, setting goals for the next year. It means analyzing strengths and weaknesses while memories of this year's successes and failures are fresh. What pieces of equipment would make daily operation more efficient and less costly? Which recipes seem to be getting "tired tasting?" Did staff members experience friction? On second glance, what was the real cause? Can it be remedied? Finally, are staff responsibilities equitably divided and clearly defined? Weaknesses in procedures, equipment function and staff performance point to areas that must be improved for next year. Now is the time to plan those improvements for the future.

Once goals have been set, the means to attain them are within reach. Constructive planners use the materials and talent at hand to make their goals become reality. Unfortunately, some key resources are too often overlooked. The personalities and talents of fellow workers and school district staff members provide a wealth of backround support. You can inspire these people to help you by your enthusiastic dreams for a better service. Secondly financial assistance in purchasing necessary equipment may be possible through this Bureau. Just the act of setting concrete goals helps direct the way to attaining them. When you know where you want to go it is much easier to choose the road to get there.

Looking ahead to the energy and organization needed to insure a successful 1976-77 school year, it is encouraging to keep in mind the satisfactions and rewards of 1975-76. All those small daily successes; freshly baked bread, the spontaneous little girl who said, "I always like lunch here," getting the faulty sink gaskets fixed at last...all have added up to one more successful year.

ACCEPTABLE FOOD PRODUCTS

Some revisions to the listing of acceptable food products for use in Child Nutrition programs have been released by the USDA's New England Regional Office.

These cheese alternate products have been reviewed and are acceptable:

Company	Product
Anderson Clayton Foods 1 Main Place Dallas, Texas 75250	UNIQUE LOAF, Imitation American Cheese made from vegetable oil, artificially flavored UNIQUE LOAF, Imitation Mozzarella Cheese made from vegetable oil, artificially flavored
Cheese Corporation of America 70 Bay State Road Lawrence, MA 01841	TANGY LOAF cheese substitute TANGY PIZZA TOPPING, a blend of 50% Mozzarella Cheese, 45% Cheese Substitute (made with vegetable oil), 5% Romano Cheese

ACCEPTABLE FOOD PRODUCTS Continued from p. 2

NOTE: Since TANGY PIZZA TOPPING is already a mixture of cheese and cheese alternate product in proportions in accordance with FNS regulations, it need not be combined with cheese before using.

Fisher Cheese Company P.O. Box 409 Wapakoneta, Ohio 45895	PIZZA-MATE Imitation Mozzarella Cheese AMERICAN LOAF Imitation Process American Cheese
Eda Mae Bakers, Inc. 4308 Pennwood Road Brentwood, Maryland 20722	PIZZA LOVER -Imitation Mozzarella Cheese made from vegetable oil, artificially flavored and colored GRATE MATE Imitation Pasteurized Processed American Cheese

Only two companies on the original list of manufacturers of ENRICHED MACARONI WITH FORTIFIED PROTEIN are still manufacturing these products; they are Prince Manufacturing Co. And Gooch Foods, Inc. According to the USDA a few new companies are developing products and if they meet the specifications they will be added to the list.

SEPTEMBER BICENTENNIAL MENU

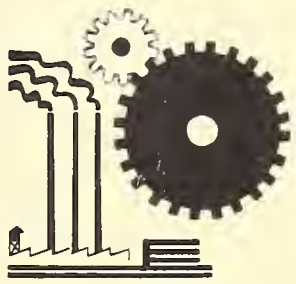
INDUSTRIAL REVOLUTION

Wall Street Bearish Steak

Blue Collar Potatoes

Capitalist's Coleslaw

Nuts and Bolts Mixed Vegetables



Union Roll and Butter

Gold Bars

Monoply Milk

The September Bicentennial Menu has been included in this issue of the newsletter so that you can begin plans for a lively and attention getting opening for the School Food Service Program next fall.

THE BREAKFAST PATTERN

The breakfast pattern specified in the School Breakfast Regulations for 9-12 year old boys and girls includes:

FLUID MILK: One-half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE: A one-half cup serving of fruit or full-strength fruit or vegetable juice.

BREAD OR CEREAL: One slice of whole-grain or enriched bread; or an equivalent quantity of any combination of these foods.

Protein rich foods are encouraged when they can be added to the menu.

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE: 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS: 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement).

BREAD: 1 slice of whole-grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE: 1 teaspoon of butter or fortified margarine. This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

MILK: 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

CLEARING THE DECKS FOR SUMMER

___ An inventory of all food is made and all damaged or spoiled foods including canned foods that are bulged or leaking have been discarded.
NOTE: Only a minimum amount of food stuffs should be stored for the summer. Do not purchase the fall supply of foods to be delivered before mid-August.

___ Be sure food is stored on shelves, dollies, or skids--not directly on the floor.

___ All foods that are left have been labeled and dated so they may be used first in the fall.

___ All broken lots of foods are stored in glass or tin containers with tight lids.

___ Canned fruits, vegetables, peanut butter, dried beans and nonfat dry milk are stored at 70° F. or lower. Dried milk should be kept at a relative humidity of 35% or below.

___ Cheese, dried eggs are in refrigerated storage 32°F. or lower.

___ Cornmeal, rice, flour are stored in a cool place in air-tight containers in an area that will keep the foods free from insect infestation. (The higher the temperature, the more rapidly weevils develop.)

___ Butter and other perishable foods are stored at 0°F or lower.

___ Shortening should be under refrigeration (55° F.)

___ There is no food left to attract insects or rodents.

Equipment

___ A complete inventory of all large and small equipment has been taken.

___ The doors have been left open on convection ovens.

___ The refrigerators and freezers have been washed with warm soda water. If they are turned off for the summer, the doors have been propped open.

___ All power drive machinery has been thoroughly cleaned and oiled.

___ All shelves and bins have been scrubbed.

___ Steamers have been cleaned and flushed out or blown out, the pilot light is left on, water is left in the boiler of the steamer, the water valves have been turned off and the doors have been left open.

___ All equipment has been repaired and is in working order.

___ All non-repairable equipment has been discarded.

___ Dishwasher is thoroughly cleaned.

Storage Room

___ All empty boxes, crates, etc. have been removed and there is no hiding place for rats, mice and other vermin.

___ Adequate ventilation is provided to insure that there will be no heat build-up.

___ Silver, plates, and plastic trays are neatly stacked and stored in a locked storage area.

___ All financial records, reports, invoices, receipts, menus, recipes, USDA Recipes, buying Guide and Menu Planning Book are filed in a safe place.

FOOD ON THE TRAIL WEST

Two of the foods featured in June's Bicentennial Menu (May Newsletter) are Covered Wagon Chili with Beans and Campfire Sourdough Bread. Both foods are American in origin and played an important part in sustaining men on th the frontier.

The battle over the "proper" way to prepare chili has been raging from Texas to California for a hundred years! In its pure form Texans refer to the mixture as "a bowl of red." This is a combination of fresh chili peppers cooked with cubes of meat. Bowls of pinto beans and rice are served separately. President Lyndon Johnson insisted that his chili be prepared with onion and tomato--additions that are favored by many.

Outside of Texas, today most chilis are made with ground beef, beans, and chili powder. This was not true in years gone by. Chilis were from mild to fiery, depending on which combinations of over sixty varieties of hot peppers were used. The peppers were combined with whatever meat or bird was available--such as buffalo, venison, chicken, or wild fowl.

Some chili-lovers have such a feeling about this dish that in 1951 the International Chili Appreciation Society was founded. Will Rogers was said to have judged towns by the quality of their chili; and legend has it that Jesse James refused to rob a bank in a Texas town that was the home of his favorite chili powder.

In any event, serve this hearty, nutritious southwestern favorite this month. It is an excellent protein source. The addition of tomatoes, onions, and celery increases the nutritive value. Flavor it to the taste of your students and serve it with another historical American favorite, Sourdough bread.

Sourdough starters have been traced back in time to 4,000 years ago. Records also show that Columbus landed on our shores with some aboard his ships. It is a mixture of flour and water. Sometimes sugar, potato water or vinegar is added to speed the fermentation process). The starter was mixed in a large crock, covered, and left in a warm place until yeast from the air caused the mixture to bubble and ferment. A portion of starter, which acted as a leavening and flavoring agent, was added to flour and water doughs. The starter was replenished with more flour and water each time it was used and great pride was taken in keeping the same crock alive for long periods.

Continued from p. 6

The gold-seekers of California and Alaska traveled with their crocks strapped to their backs--and earned the nick-name of Sourdoughs. Of course, the breads they made in this way were undependable--unlike the excellent products that are carefully weighed, measured and baked in our schools. However, as erratic and unpredictable as the breads may have been, they were far more satisfying than unleavened hard-tack which was the alternate choice on the western trail.

GREAT SHAKES

Milk shakes may be served to complete the Type A meal pattern provided they meet the following requirements:

- each shake served as part of the Type A lunch must contain 8 ounces of fluid milk as the base ingredient.

- additional items such as mixes, ice cream, flavoring, etc. added to this base mixture must be over and above the 8 ounces of fluid milk.

- the milk used as the shake base must meet the currently accepted definition of fluid milk.

When preparing to serve milk shakes to meet the Type A meal pattern requirement it is essential that:

1. The machine dispensing the shakes is adjusted to dispense a specific number of shakes per gallon of mix.

2. Each shake contains the full 8 ounces of fluid milk as a base ingredient.

You must receive a written statement from your shake dispenser purveyor saying each shake meets the above requirements. If a second purveyor is supplying the shake mix it is important that both purveyors agree to this statement:

Machine has been adjusted to dispense _____shakes per gallon of mix, each shake containing 8 ounces of fluid milk.

Two helpful points to consider before planning to serve a milk shake to complete the Type A meal pattern:

- If you price the Type A meal with the shake above the regular Type A, a child eligible for a free or reduced price lunch can take either meal.

- If at any time you have only one Type A meal choice, it will have to be the lowest priced meal.

RECALL ALERT

Recall Alert: April 9, 1976

Product CANNED WHOLE SWEET RED PIMIENTOS

Canned under the following labels:
A. Ruby Brand Whole Sweet Red Pimientos
B. Verbena Sweet Red Pimientos

Lot Numbers, all lots bearing the RE 26.206 on the label. Manufactured by Jose Marcia Garcia Gomariz, Molina De Segora, Murcia. Recalled by J.A. Kirsch (Importer), New York. Distributed--East Coast. Reason for recall--failure to control acidity in canning process which may pose a potential for bacterial outgrowth.

Product MSA COMPRESS BANDAGE 4 INCH PAD WITH MUSLIN ROLLS

Lot Number--B010H, Manufactured and recalled by--Mine Safety Appliances Company, PA. Distribution--Nationwide, Chile and Mexico. Reason for recall--nonsterility of product.

Recall Alert: April 23, 1976

Product WALKERS PURE BLACKSTRAP MOLASSES

Identification--Packed under Walker and Sons Apiaries label. No lot numbers. Manufactured and recalled by Hubbard Apiaries, Inc., Michigan. Distribution of recalled product--East Coast of United States. Reason for recall--swollen cans caused by fermentation. Recall completed.

PORTION CONTROL

"Portion control" does not mean "stinting." It means serving a full portion as well as preventing "overportioning."

Portion control can be practiced efficiently at the serving counter if:

- size of portion is preplanned.
- standardized recipes have been followed
- appropriate serving tools are properly used.

The last lunch served is as important as the first!

*Chuck Wagon Roundup, Texas Education Agency, May 1975

WORLD FOOD STANDARDS

Codex Alimentarius. Sounds like a fatal disease or the Latin name for an extinct dinosaur, doesn't it?

Actually, Codex Alimentarius is Latin for "food code." Specifically, it is an international food code for dozens of foods. Codex standards promote world trade by trying to harmonize food standards and methods of processing. The code is administered by the Codex Alimentarius Commission, sponsored jointly by the Food and Agriculture Organization and the World Health Organization and is open to members of the United Nations. Some 114 nations, including the United States, are currently participating in the development of world-wide food standards.

Codex Committees carry out the work of the Commission. The Federal Meat and Poultry Inspection Program (MPI) participates in the work of many of these committees, including: Food Additives, Food Hygiene, Food Labeling, General Principles, Methods of Analysis and Sampling, Pesticide Residues, Meat Hygiene, and Processed Meat Products. MPI provides the principle U.S. representation on two of these committees, Meat Hygiene and Processed Meat Products.

Development of Codex standards for foods is a slow, laborious process. Each Codex committee provides draft standards which are circulated to interested governments for comments. Comments are discussed and if appropriate they are incorporated into new draft standards which are again circulated to member nations for review. Eventually, a recommended draft standard is submitted to the Codex Alimentarious Commission. If adopted, the recommended standards are published and may be accepted or rejected by member countries.

The MPI program consults with appropriate meat and poultry industry representatives in development of Codex standards for meat hygiene and processed meat products. Related subject areas such as food hygiene, food additives and food labeling also are discussed.

BICENTENNIAL BRIEFS

1776 June 7
Virginia delegate Richard Henry Lee introduces a resolution for independence in Congress: "That these United Colonies are and of right ought to be free and independent states, and that a plan of confederation be submitted to the several colonies." Seconded by John Adams.

1776 June 11
Congress appoints a committee to draft a declaration of independence. Jefferson is chosen chairman to write the draft. Other members are John Adams, Robert Livingston, Roger Sherman and Benjamin Franklin.

COMMODITIES REPORT

Commodities Expected To Be Available for September 1976.

Butter or Margarine
Flour, A.P.
Flour, Bread
Peanut Butter
Shortening
Peanut Oil
Raisins
Pea Beans
Process Cheese
Chopped Cheese for Pizza
Peanuts
Rice

Commodities Returned by Summer Camps

It is a requirement of the U.S. Department of Agriculture regulations that summer camps return commodities that are left over at the end of the camping season.

In order to prevent trucking expenses for returning the foods to the warehouse summer camps are being asked to contact the nearest school department and offer the foods they have left over. We will appreciate your cooperation in accepting these foods if they are offered.

Flour

Word has been received from the U.S. Department of Agriculture that all-purpose and bread flour will be available when you resume school in the fall. This office has placed orders for two million pounds of all-purpose and two million pound of bread flour for delivery from July through September. This will assure us of all the flour you can use through January 1977

Food Storage During Vacation Periods

We urge all schools to place responsibility on someone to carefully check the operation of freezers and refrigerators during vacation periods. mechanical failures may occur which will result in spoilage of valuable and highly perishable foods unless the breakdown is detected and repaired promptly. A daily check may prevent serious losses. Mechanical failure of refrigerators and freezers is not an acceptable excuse for commodity losses through spoilage. Whenever such losses occur they require restitution for the value of the commodities.

Dr. Charles E. Lowe, American Academy of Pediatrics, has said: "There is no evidence that food makes people smart, but it is indisputable that hunger makes them dull."

THE WORLD IN A NUTSHELL

In the early 1900's, George Washington Carver, a highly gifted black man, championed the lowly peanut. When the destructive boll weavil infested Alabama's cotton crops Carver suggested they burn the cotton and plant peanuts. The peanut plant replenishes the soil and the peanut is a very nutritious crop.

But farmers challenged Carver. What could be done with a peanut? In the early 1900's peanuts were merely a treat for children.

Carver supported his claims for peanuts by developing 105 peanut recipes. He isolated the fats, gums, resins, sugars, and starches in the nut. He found that by using different combinations under varying heats and pressures he could develop many by-products from this legume. Carver fabricated candy, peanut butter, flour, ink, dyes, shoe polish, creosote, salve and shaving cream. From peanut skins he made a paper, from the hulls a soil conditioner, and insulating board and fuel briquettes. Carver bound one batch with adhesive, pressed it, buffed it and produced a weather proof square which looked like marbel and was just as hard.

By the end of his career George Washington Carver had engineered 300 products using the peanut...instant coffee, cheese, shampoo, bleach, wood stain...the list reads like science fiction. Today the peanut is one of the most important agricultural crops in the world.

BLUEBERRY BREAKFAST MUFFINS--SEEKONK HIGH SCHOOL

Mrs. Anna Cimino of the Seekonk High School offers this Blueberry Muffin recipe. It is a very popular item with students participating in the Seekonk High School Breakfast Program.

108 extra large muffins

Flour, AP	1 lb, 1 oz.	Unsifted Flour, AP	2 lb, 1 oz.
Salt	2/3 oz.	Baking Soda	1/2 oz.
Shortening	2 lb, 2 oz.	Double-acting Baking Powder	1 3/4 oz
Sugar	3 lb, 5 oz.	Buttermilk or Sour Milk	2 lbs.
Powdered Eggs	1 lb.	Cake Flour	5 1/3 lbs.
Water	2 1/2 lb.	Blueberries	2 lbs.
Vanilla	1 1/2 oz.		

Cream first all-purpose flour with salt, shortening, and sugar. Add eggs all at once; beat 3 minutes. Add remaining all-purpose flour, soda, and baking powder. Beat. Blend in buttermilk and vanilla. Add cake flour and beat. (Batter is very stiff.) Fold in blueberries, fill greased muffin tins 3/4 full. Sprinkle generously with sugar. Bake 20 to 25 minutes at 400 degrees. Batter keeps well under refrigeration two or three days. Refrigerate without blueberries.

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MSFSA Notes

Another school year has almost ended. All of us are busy closing our food service programs for the summer season and planning vacation activities. As we look forward to another year and the challenges we face, let us remember to support M.S.F.S.A. It needs YOU as a member to give it strength.

Sincere thanks go to the outgoing officers and executive board for their dedication and accomplishments--a job well done. Congratulations to the new officers. Please give them your support as they endeavor to work for the professional betterment of all food service employees.

Officers for 1976-77:

President - Mr. Augustine DiSano
President-elect - Mr. John Stalker
Secretary - Mrs. Joan Martin
Treasurer - Mrs. Marion Moore

Standing Committee Chairmen:

Legislative - Mrs. Mary Nagle
Budget - Miss Marjory Locke
Membership - Miss Marie Minnick
Standards - Mrs. Pauline Malnati

Delegate:

Area 1 Mrs. Janet Trinkaus
Area 2 Mrs. Marion Whalen
Area 3 Miss Frances Paduch
Area 4 Mrs. Olga Mahan
Area 5 Mrs. Aileen Riley
Area 6 Mr. Thomas Ciulla
Area 7 Mrs. Mary Lovely
Area 8 Mr. Ralph Romkey

Have a good summer!

Pauline Malnati
Public Relations, M.S.F.S.A.

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS
Department of Education
Bureau of Nutrition Education
and School Food Services
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SEPTEMBER 1976

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

A MONTHLY REPORT
IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS

U OF MASS/AMHERST

AMHERST CONFERENCE

Last June 21-25 SFS Supervisors and Managers made the annual pilgrimage to the U. of Massachusetts at Amherst for the Summer Conference sponsored by the Bureau of Nutrition Education and School Food Services.

It really was a pilgrimage in some ways because of the special chemistry that seems to happen when SFS people get together. Conference participants were serious, questioning students by day and helpful teachers at night when they shared their experience and information with each other.

The five days of courses were carefully planned and every course seemed to make a valuable and unique contribution to the conference. The comment heard most often during the week bemoaned the heat and humidity. Next to the weather the most frequent comment was "I wish I could go to that class too."

Incidentally, air-conditioned dorm rooms and conference quarters have been requested for next year. Plans are to reserve the Campus Center for the 1977 Summer Conference.

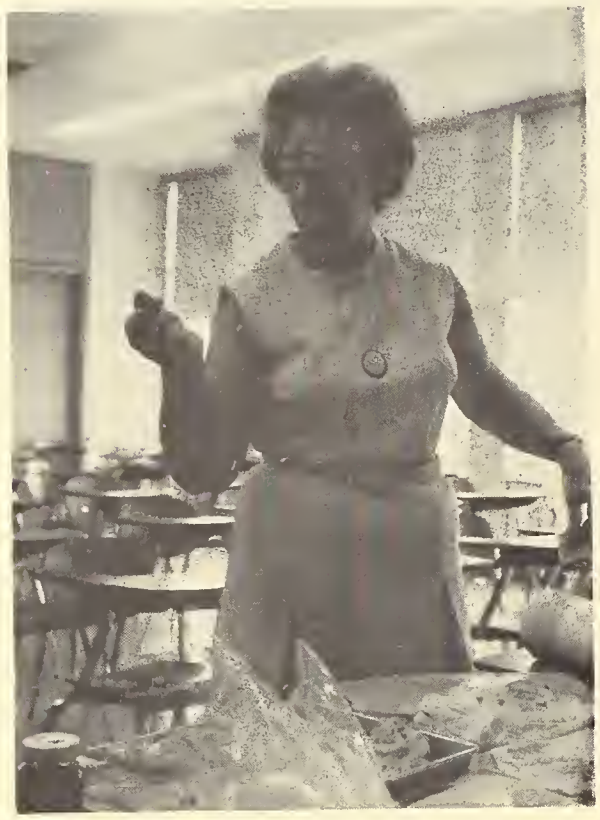
New supervisors began to learn the ropes in the introductory course led by Marjorie Cowles, "Congratulations, Now You Are A Supervisor." The first year course teamed Kathy Zieja, on "Meal Management," with Joseph Kilday on "School Food Service Records."

The advance courses tantalized all of the conferees with these titles: "Managing Time and People," by Leo Dauwer, Marshfield Elementary Principal, with William Allen, Project Director of the Hampshire Educational Collaborative and Lamont Lyons, Training Director at the Collaborative; "Good Business Practices for School Food Services" by Edward McNichols, USDA New England Region; "Nutrition Update" by Louise B. Thompson, and "To Mope or Merchandise" taught by Bernice Bourell.

The course offered for graduate credit was "More Effective Communications in School Food Services" taught by Charles Eshbach, Professor in the Department of Hotel, Restaurant and Travel Administration, U. of Massachusetts, Amherst.

Continued on Page 2

AMHERST CONFERENCE Continued from page 1



Bernice Bourell answers the question, "To Mope or Merchandise?" with a demonstration.

In the "Managing Time and People" course SFS managers and directors were treated to a course on the management-level directed specifically to their needs. The class opened with Mr. Leo Dauwe declaring that "School Food Service Personnel often are not recognized for what they are. They are management-level employees with responsibility, power and duties toward the people working for them." The course outlined basic and proven principles useful in managing an effective operation. In this light, efficient was defined as doing the job the right way, while effective was defined as doing the right job in the best way.

Class members concentrated on effective planning which was described as the key to success. They were urged to take some time every day to plan daily work schedules, future jobs to be accomplish, changes to be made, and goals to be reached. Finally, the specific steps necessary to reach those goals must be planned. As management-level workers, SFS managers and directors were asked not to feel quilty about taking this time to prioritize and organize the work that needs to be done. They were reminded that effective planning is a manager's responsibility.

The instructors of the "Managing Time and People" course also suggested that in analyzing a problem the entire staff should be asked for their input. Then, the manager or director, taking the leadership his job demands, makes the final decision. The decision comes after all sides of the question have been weighed objectively. The best way to see the different angles a problem presents is to get the views of co-workers involved. The key here is for a manager to learn to distinguish between the symptoms of a problem and its causes. The actual causes of a problem must be discovered and changed before the symptoms will disappear.

In addition, SFS personnel were warned not to fall into the trap of crisis management. That is, coping with one crisis after the other as they erupt on the "battle front of the school day." Personnel under a crisis manager work in a daily atmosphere of anxiety and tension. As an alternative, the instructors urged "anticipatory action." They explained it is much more effective to plan strategy ahead of time to meet projected decisions and problems than it is to take remedial action after the crisis has struck.

Not the last thought, but an interesting one brought up in the Management class, is that the school kitchen is an integral part of the school. Lunch compliments the school program by refreshing hungry students and providing a release from the intensity of teaching. The kitchen staff's easy smiles and the good food they serve can make lunch hour a rejuvenating experience for teachers and students. Continued on page 3

Continued from page 2...

Every class during the conference offered intriguing but practical suggestions,like those mentioned, for making school food service work a little easier and the atmosphere more professional. The unstated theme of the conference seemed to be that today's SFS workers are being challenged by the school, the communities and outside management corporations to coordinate highly efficient and economical food operations within the schools. The Amherst Conference provided the kind of information and inspiration necessary to accept this challenge and meet it 100 percent.

SEPTEMBER BICENTENNIAL MENU

INDUSTRIAL REVOLUTION

Wall Street Bearish Steak

Capitalist's Coleslaw

Nuts and Bolts
Mixed Vegetables

Gold Bars

INDUSTRIAL REVOLUTION

Blue Collar Potatoes

Union Roll and
Butter

Monoply Milk

COULD ONE OF YOUR ROUTINES
BE A WELCOME FRESH APPROACH TO SOMEONE ELSE'S PROBLEM?

If you have discovered a fresh idea that saves time, money or patience in your school kitchen please share it with your fellow SFS workers. Send a written description of your idea to : Newsletter Editor, Bureau of Nutrition Education and School Food Services, 182 Tremont St, 10th Floor, Boston, MA 02111. Be sure to include your name, address and a phone number where you can be reached during the day.

GOVERNOR MICHAEL DUKAKIS PROCLAIMS JUNE 11, 1976 "HAPPY BIRTHDAY AMERICA PICNIC DAY."

Looking on(left to right: Mrs. Helen Hansen, Mr. Thomas O'Hearn, Mr. Augustine DiSano, and Mrs. Patricia Winschel.

"HAPPY BIRTHDAY AMERICA PICNIC DAY" PROCLAIMED BY GOVERNOR

Massachusetts schools united on June 11, 1976 to celebrate a "Happy Birthday America Picnic." Governor Dukakis signed a proclamation setting June 11 aside for observance of the "Happy Birthday America Picnic." The school lunch staff of each participating school prepared the birthday picnic in the local cafeteria and served it to the students outdoors in real picnic style in communities where it was possible.

The menu satisfied patriotically-oriented appetites with Abigail Adams Chicken, Paul Revere Relish and Massasoit Journey Cake, accompanied by a number of other dishes all common in the Massachusetts Bay Colony in 1776.

In celebration, the Montessori School in Petersham, MA planted a pear tree on the grounds of the home of the Sisters of the Assumption in that community. The tree planting ceremony was completed by the youngsters reading Harry Behn's poem titled "Trees."

The cafeteria staff of the Blackstone Millville Regional Jr. Sr. High School in Blackstone, MA was another School Food Service unit that served the Happy Birthday Picnic. Workers dressed in Bicentennial costumes which they had made. The children participated by bringing in coins for a tree to be planted in September on the school grounds in commemoration of the Bicentennial. They were so enthusiastic that they donated enough money to purchase three trees!

The Massachusetts School Food Service Association and the Bureau of Nutrition Education and School Food Services jointly planned the "Happy Birthday America Picnic" to insure that school children in the state would have the opportunity to join together to officially celebrate the birth of the nation.

The diverse ways that each school carried out this highly successful event reflects the richness and variety that we have inherited as a people of many cultures united in one nation.

The Commonwealth of Massachusetts

By His Excellency

MICHAEL S. DUKAKIS

Governor

A P R O C L A M A T I O N

1976

WHEREAS: Our forefathers struggled 200 years ago to build a nation free from oppression, where all children could be nourished physically and mentally; and

WHEREAS: Well nourished, healthy and intelligent children are the most valuable asset Massachusetts can possess; and

WHEREAS: The School Lunch Program has convincingly demonstrated that nutrition is an integral part of the total educational process of school children; and

WHEREAS: Children, sound in mind and body, are the hope for a vital democratic society; and

WHEREAS: The 11th of June, 1976 has been designated by the Massachusetts School Food Service Association and the State Department of Education, Bureau of Nutrition Education and School Food Services for celebration of the Bicentennial by joining in a picnic featuring early colonial food;

NOW, THEREFORE, I, MICHAEL S. DUKAKIS, Governor of the Commonwealth of Massachusetts, do hereby proclaim June 11, 1976 as

HAPPY BIRTHDAY AMERICA PICNIC DAY

and urge all citizens of the Commonwealth to give their active support to agencies and individuals in Massachusetts communities engaged in nutrition education and school food services and to support the nutritional endeavors of educators by encouraging children to participate in the Happy Birthday America Picnic and activities.

Given at the Executive Chamber in Boston, this twenty-seventh day of May, in the year of our Lord, one thousand nine hundred and seventy-six, and of the Independence of the United States of America, the two hundredth.

Michael S. Dukakis

MICHAEL S. DUKAKIS

By His Excellency the Governor

Paul Guzzi

PAUL GUZZI
Secretary of the Commonwealth

GOD SAVE THE COMMONWEALTH OF MASSACHUSETTS

ALL AMERICAN CIRCUS

OCTOBER MENU

Main Attraction
Hot Dog On A Bun

Ring Master's
Vegetable Beef Soup

Side Show
Orange Wedges

Happy Clown's
Tutti Fruitti Crisp

Midway
Milk

TYPE A MENU REQUIREMENTS

The Type A lunch must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE: 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS: 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD: 1 slice of whole-grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

FLUID MILK: 1/2 pint

BREAKFAST IS SUNSHINE...TOAST, BUTTER, CHEESE, EGGS, CORN MUFFIN, ORANGE

The breakfast pattern specified in the School Breakfast Regulations is:

FLUID MILK: One-half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE:
A one-half cup serving of fruit or full strength fruit or vegetable juice.

BREAD OR CEREAL: One slice of whole-grain or enriched bread; or an equivalent quantity of any combination of these foods.

Protein rich foods are encouraged when they can be added to the menu.

------REMINDER------REMINDER------REMINDER------REMINDER------REMINDER

Children served free and reduced price breakfasts and lunches last school year must be served free and reduced price meals this year until their new applications for the program have been approved. Do not wait to serve these children lunches at the free or reduced rate until their applications are processed.

If it is discovered, after the applications have been processed, that a child who does not qualify for the free and reduced program is being served at a reduced rate begin charging him the regular price of the meal at that time.

MEAT PROCESSING CONTRACTS

The Food Distribution office has stressed in earlier Newsletters that schools should not enter into a processing contract to have their poultry or meat processed.

The U.S. Dept. of Agriculture points out that it must be emphasized that all meat items used in processing are non-fungible items, and therefore must be actually used in the production of the finished product. All commodities that are shipped to a processor must be fully accounted for in the end products received.

In addition, "When donated meat or poultry products are processed all of the processing shall be performed in a plant or plants under continuous Federal meat or poultry inspection." It is also recommended that the AMS Grading Service be present during the processing which would provide assurance that the donated meat supplied to the processor is in actuality the meat that is returned in the form of finished products. At the end of the production run, the Grader would stamp all the finished products and issue a certification stating that its production conformed with the terms, conditions and formulation as specified in the processing agreement.

Because of these restrictions the Food Distribution Office must discourage a school from entering into any processing contract without the approval of the office.

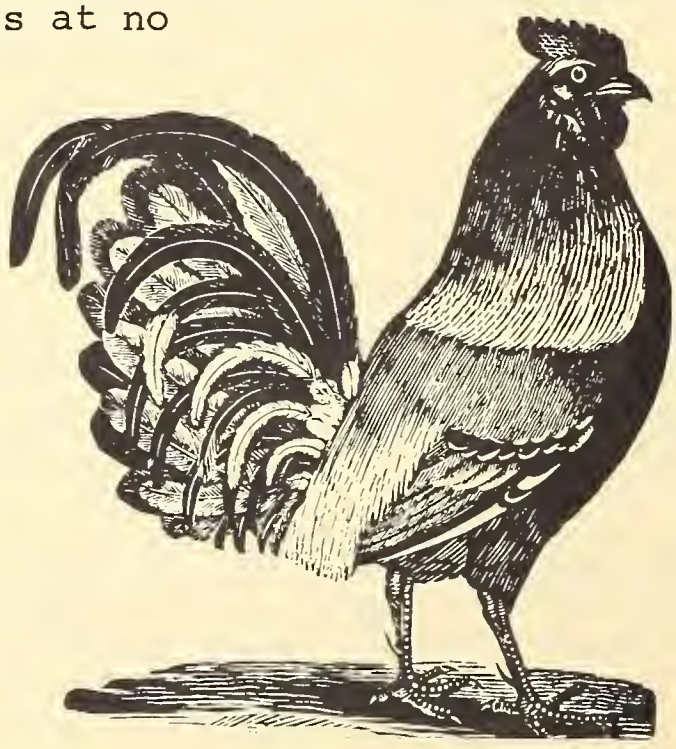
PAN COAT

Many programs may be tempted to purchase pan coat products to use on pans to keep food from sticking. However, you can make your own pan coat with government commodities at no cost to the program!

Use:

2 lbs shortening
1 lb. flour

Mix these ingredients together and brush them onto the pans when needed.



Or use:

1 lb. oil
1 lb. flour
1 lb. shortening

This tip comes from the New York State Department of Education "News and Notes."

COMMODITIES EXPECTED TO BE AVAILABLE FOR OCTOBER 1976

Spaghetti
Flour, A.P.
Flour, Bread

Beans, Dry Pea
Cheese, Process
Cheese, Chopped for Pizza
Peanuts

Beef, Frozen Ground
Macaroni
Shortening

Peanut Butter
Peanut Oil
Mayonnaise
Rice

The above list of commodities is a long range estimate that could have a number of additions by the time October rolls around.

APPRECIATION OF YOUR COOPERATION

We would like to thank those supervisors who were contacted by summer camp directors and accepted the commodities the camps had left over at the end of the camping season.

FLOUR

The supply of flour, both bread and all-purpose, is very large and will be available for many months if not the entire school year. Order each month only what can be used during that month. Ordering this way saves valuable storeroom space and helps prevent infestation.

MACARONI AND SPAGHETTI

The USDA has made hy-pro durum flour available so that elbow macaroni and spaghetti will be available for most of the school year.

MAYONNAISE

Plans are being formulated for a processing contract to have mayonnaise made from peanut oil. This year the egg content will be increased to 8 percent, making the mayonnaise less apt to separate. Again, order only a one month supply. Once the mayonnaise becomes available the supply will be adequate for many months.

BREAKFAST CEREAL

In August a breakfast cereal survey sheet was mailed. If you have not returned it please do so. The Food Distribution office is trying to determine whether it would be advantageous for the office to purchase ten different cereals in moisture proof cartons (so milk could be added). This would result in a lower price for School Lunch Programs. If the returns from the survey are sufficiently large the cereal manufacturers will be contacted. Further information will be available in a future newsletter.

NUMBER PLEASE

The Bureau of Nutrition Education and School Food Services has three separate telephone numbers and three separate telephone lines. Calls made on one phone line can not be switched to phones with another number. So, please dial the specific number of the Bureau section that you want to contact. Using the right phone number will help save your time and Bureau staff time lost in moving from one office to another to answer the phone.

TELEPHONE: (617) 727-5764

GENERAL ADMINISTRATION
- John C. Stalker
- Thomas P. O'Hearn

NUTRITION EDUCATION
- Dorothy Callahan
- Monya Geller
- Louise Thompson
- Rita Brennan

PROGRAM OPERATIONS AND TECHNICAL SERVICES
- Louise E. Watts
- Frances R. Cullen
- Elizabeth Waldron
- Laura Gilbert
- Amy Nechtem

TELEPHONE: (617) 727-8722

FOOD DISTRIBUTION
- Thomas B. Donoghue
- Joseph McDonnell
- Helen Severs

BILLING AND SERVICE CHARGES
- Ruth DiChiaro
- Helen Ronayne

PREPARATION OF REPORTS
- Tom McDonald

PERSONNEL APPROVING FOOD ORDERS
- Clara Stephenson-Boston Area
- Andrew Stephenson-Worcester and Springfield Areas

TELEPHONE: (617) 727-7406

ACCOUNTING AND CLAIMS
- Robert Cleary
- Eliot Cooper

TO talk directly with the person who processes your claim, ask for the person who has the first two numbers of your Agreement Number listed after their name:

Neal Gilbert	01,03,04,10,11,12
Lauren Russell	05,14
Fred DiIanni	09
Brian Turnbull	02,06,07,08.13

Claims for Special Food Service Programs for Children and Elderly Feeding Programs: Robert Shurdut

AUDITS FOR LOCAL PROGRAMS
- Joseph Kilday

TELEPHONE: (617) 727-7406

PROGRAM EXPANSION-NONFOOD ASSISTANCE NEW APPLICATIONS FOR ALL PROGRAMS AND NEW FOOD SERVICE FACILITIES

- Julius Candela
- Elinor McAulliffe
- Maryann Gilbert
- Martha Herlihy
- William Connolly
- Ruth M. Holmes

PRUDENT PROTEIN POINTERS

It's a new year and a fresh start for feeding students and balancing budgets. We can make both easier by being prudent with the protein served. The protein main dish usually sells the Type A lunch but plays havoc with the meal cost.

As you know, the Type A pattern requires at least two ounces of protein in the main dish or in a combination of the main dish and one other item. Protein is essential for the growth and repair of cells in children as well as adults. Remember that good sources of protein are found in most animal products and in some vegetable products. It's our job to find the right combination--one that pleases the students, meets the requirements, and fits into our food budget.

Here is where prudence pays. For example, chicken and turkey are usually popular menu items. But, unless they are donated foods, two-ounce portions can be rather costly. We may use a "meat-stretcher" recipe, such as chicken pie or turkey shortcake, and get by with one and one-half ounces of meat. But--we still have to serve that other half-ounce of protein! This is where peanut butter sandwiches or desserts, cheese wedges or biscuits, can really help out, particularly if they are donated foods.

Cheese pizza is another item that needs our attention. It "fits the bill" in popularity and cost, yet it must meet the two-ounce protein requirement too. If you buy pizza, check the cheese portion. Many schools add half of a peanut butter sandwich to insure that the pattern is met. It is better to make certain that the pizza has enough cheese on it in the first place.(When the nutrition education staff conducts workshops, the complaint heard most often from teachers is about this menu combination.)

Another solution is to serve peanut butter desserts to supplement the main dish. Look through the recipe file for Peanut Butter Cake (C-20) with Peanut Butter Frosting (C-26d) or Peanut Butter Pudding (C-13c). Past issues of the Newsletter are good recipe sources, too. Issues from 1974 contain a bonanza or recipes: February '74 featured Peanut Butter Bars; March '74, Peanut Butter Brownies; April '74, Chewy Peanut Butter Bars.

Peanut butter sandwiches often are favorites among younger children. It may be difficult to use four tablespoons, the required portion for this meat alternate, and make an appetizing sandwich. To supplement the peanut butter and lend variety to the main dish offering, serve small chunks of cheese, hard-cooked egg, or strips of cooked meat. In schools using pre-packaged meals, it is important to check the protein portion to make sure that contract specifications are being met when a peanut butter sandwich is the main dish.

With care, the requirements of the Type A pattern can be met. New food combinations will please students and protein will be used prudently!

MSFSA Notes

Vacation time has ended. We are back at work, carrying on the important business of feeding school children. This year let's show our professionalism by being members of our Massachusetts School Food Service Association. Remember NOW is the time to send in your renewal dues. If you are not a member, become part of the total picture in School Lunch. Join now!

Once again, it is time to start promoting National School Lunch Week which will be October 10-16. Plan to serve the Universal Menu on the Big Day, Wednesday, October 13th. Parents, teachers, administrators, school board officials and everyone in our communities can be involved. Make it known that Nutrition is the name of the game! This is another opportunity to "Invite America to Lunch" as part of our Bicentennial activities, to show our product and to tell our School Lunch Story. Inform the public and help them to realize that, "You Are What You Eat."

The 25th Annual MSFSA Convention will be held on October 14,15,16, and 17 at the Sea Crest Hotel and Motor Inn in North Falmouth on Cape Cod again this year. Circle these dates and plan to attend. The program promises to be most interesting and worthwhile for everyone. More details will be released soon.

Rose Jordan
Public Relations

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS
Department of Education
Bureau of Nutrition Education
and School Food Services
182 Tremont Street, Boston, Massachusetts 02111

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Massachusetts

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

OCTOBER 1976

A MONTHLY REPORT
IDEAS ••••••••••••••••• DEVELOPMENTS ••••••••••••••••TRENDS

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PLATE WASTE*********

The battle against plate-waste in the schools is a major fight to:
--decrease the amount of food wasted
--improve children's poor eating habits which lead to food waste
--insure that the daily goal of the school lunch program is met, that is, a nutritive meal providing 1/3 of the children's daily requirements is served and eaten.

The symptoms of plate waste are half eaten food on plates and overflowing garbage pails. However, the actual problem grows out of the complex process of serving food to a wide range of appetites. The challenge that school food service personnel face is to provide healthful foods properly prepared in the correct portion sizes. The food has to be served in a physical and psychological environment that will help make it appealing and put children in a frame of mind to eat and enjoy the meal. Most food service operations provide nutritious foods properly cooked and portioned. But, the way the food is served may encourage plate-waste and so rob the Type A lunch of the complete set of nutrients it was planned to contain.

These ideas might help make sure that food served by your program is also food eaten. Firstly, take a look at the cafeteria during lunch. Perhaps the stage is set for plate-waste before the children even get to the table. Is the atmosphere pleasant and not overly noisy, with a minimum of confusion in the service line and efficient routing? Friendly service personnel can help create an atmosphere of welcome and calm by their attitude. Their well paced and organized work will allow children to pass through the line smoothly and quickly and to be more in a frame of mind that encourages a good appetite. Finally, be sure that no subtle forms of sabotage exist, for example teachers or playground attendants who say "first table finished gets the class ball" Sometimes children feel themselves under pressures that adults have unconsciously applied.

It might help to think back on your last experience in a restaurant where the waitress was less than congenial. The clanking plates, jostling crowd and overly garish colors may have caused you to retreat vowing you would wait to eat until you got home. This could be how some children feel in an overly crowded, noisy lunch room.

Experience has shown that there is less waste when choices of foods are served whenever possible. For example, oranges or tangerines, bread or baking powder biscuits, brocolli or carrots; either choice contributes equally to the respective food group. A choice between two similar foods like those in the above sample, can be offered to provide some variety in the menu. Even one choice in a menu will make the meal appealing to a higher number of students.

According to recent surveys, adolescents still in school spend 1/3 to 1/4 of their money on lunches and snack. Their school lunch is food-wise and health-wise one of the best bargains of the day. Yet, they seldom know that it is such a bargain or why it is. It might be interesting to Junior and Senior high students to equate Type A menu catagories and sample foods from the regular menus to their nutritional needs on a chart displayed in the cafeteria. The chart could show how each food category related directly to the student's health interests, e.g. shinning hair, good muscle tone and finger nails, better skin, physical endurance and stamina, sparkling eyes etc.. A comparison with the cost and nutritional worth of coke, potato chips, donuts, coffee and other popular snacks might make the chart more to the point. If students can see why the whole meal is important to them they will be more likely to eat the whole meal.

Another factor to consider is whether the food service program does its best to merchandise its products. This includes attention to the visual appeal of food served as well as the environmental factors of color and light in the cafeteria.

A final question when surveying the problem of plate-waste in a school is, does the wasted food correspond with the wasted paper and glue, the lack of respect for property, damage and general loss in other areas of the school? If so, perhaps a school-wide effort to increase the students awareness of resources and respect of non-renewable resources may be badly needed. The entire school system suffers from the weaknesses in the society that it serves and represents. In one case, a University of Arizona study found that "the citizens of Tucson were throwing into garbage cans 9,538 tons of edible food every year, worth millions of dollars". Rather than endure this trend perhaps schools will have to take up a new campaign, one to reverse another of the weaknesses of society. If parents are unconsciously wasteful at home their children will parrot such behavior until taught differently.

Food served is not necessarily food eaten. Even the most carefully balanced meal cannot provide nutrition to a child if it is merely put on the tray but not eaten. As most food service personnel know, putting food on trays is not enough. Plate-waste attests to the fact that "food-service" is a lot more complex than combining food, cook, plate and utensils, with a potential eater.

A BANNER YEAR!

This year's Bicentennial activities have left some golden memories for our children. Schools have celebrated with special lunches, Food Service workers have created their own Colonial costumes and worn them while serving lunch (to the students delight!), and of course there was the June "Happy Birthday American Picnic" . Only two more months remain in this Bicentennial year to be filled with such warm memories and strong feelings of patriotisim.

In the time that remains, one worthwhile goal is to determine to win a Bicentennial Banner . Already 153 School Lunch Programs have sought and been awarded Bicentennial Banners. The Banners recognize the School Lunch Program's exceptional Efforts to make school lunches an educational, colorful, and tasty way of celebrating our country's Birthday. As soon as a school has completed two of the three projects described below an application form for a Banner can be filled out and sent to this office addressed:Bureau of Nutrition Education and School Food Service, 182 Tremont St., 10th floor, Boston, MA 02111, Attention: Frances Cullen. Application forms are a available from Miss Cullen.

The deadline to apply for a Bicentennial Banner is Nov.1,1976 so there is still time to carry out a project that is sure to leave the children with a glowing memory of this once in a life-time occasion.

1. Heritage'76-(Heritage Menu Participation) Participation in at least one Bicentennial Celebration activity which shall consist of , as a minimum, serving the designated monthly heritage menu for any of the months during the award period.

2. Festival USA-(Universal Menu Participation) Participation in the National School Lunch Week in October by serving the Universal Menu and participating in at least one other activity (such as"Invite America to Lunch") during the week. NOTE: Two activities must be completed in this area to qualify as having met this one criterion.

3. Horizons '76-(Increaing Participation) Increase school lunch and or lunch participation by an average of 5 percent or more for any one month beginning September 1975, continuing through October 1976. The October date allows for presentation of an award before the end of 1976. Any school currently attaining 100 percent participation , or reaching that goal within the award period, shall automatically qualify under this area.

"Nutrition is the science of food and its relation to health. It is the physiological utilization of all the essential nutrients in proper amounts and balance to promote optimum physical and mental function by an individual from preconception to death. "

NATIONAL SCHOOL LUNCH WEEK

School lunch programs will celebrate National School Lunch Week this October 11-15 with an old fashioned all American Circus Menu. Universal Menu Day, October 13, students will thrill to the inherent excitement of a menu reminiscent of every great American event.....the traveling circus, carnivals, baseball games and fairs. Main attraction Hot Dog on a BunRing Master's Vegetable Beef Soup, Side Show Orange Wedges, Happy Clown Tutti Fruitti Crisp and Midway Milk sparkle on all the American Circus star spangled Universal Menu.

The hot dogs can be plain or as fancy as the students would like them. Remember, a standard sized hot dog does not provide a full two ounces of edible protein. You might garnish the hot dog with grated cheese or cooked dry beans. Otherwise be sure to add a little extra meat to the vegetable soup to make up the protein requirement if you don't garnish the hot dog.

The All American Circus Menu served on October 13th is a perfect occasion to "Invite America to Lunch". This scheme to introduce more people in the community to the advantages of the School Lunch Program began as a Bicentennial Project . National School Lunch Week is an ideal time to renew this campaign by making sure that parents, teachers administrators, school board officials and local and state office holders get aquainted with your program over a nutritious and fun school lunch like the All American Circus.

SCHOOL LUNCH NEWSLETTER MENUS**********

OCTOBER
ALL AMERICAN CIRCUS

Main Attraction Hot Dog on a Bun
Ring Master's Vegetable Beef Soup
Side Show Orange Wedges
Happy Clown's Tutti Fruitti Crisp
Midway Milk

NOVEMBER
IMMIGRANT SPECIAL

Mexican Tamale Pie
German Coleslaw
Greek Ambrosia
Irish Bread,butter
Migrant's Milk

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ANNUAL STONEHILL CONFERENCE

The Bureau of Nutrition Education and School Food Service presented the annual Stonehill conference for cooks and bakers August 16-20 this year.

The demonstrations, one of the main attractions during previous conferences, was again a highlight of the week. William J. Lord taught the "Techniques of Food Preperation." Mr. Lord is Chef Instructor,Northeast Metropolitan Regional Vocational School, Wakefield. Dennis Furtado, Baker, Plymouth-Carver Regional Schools, Plymouth, conducted classes in "The Art of Baking."

Guest instructors were Margherita Burnett,(SchoolFood Service Supervisor, Amherst-Pelham Regional Schools, Amherst),who taught 'Merchandising School Lunch", and Richard Hynes, Hobart Manufacturing Company, Dedham , who gave pointers on the "T.L.C." for equipment.

A sample of the course titles would indicate that the Stonehill conference covered every angle of successful school food service operation: "The Type A Lunch," "Safety and Sanitation," Merchandising School Lunch," "Nutrition Nuggets," "Feeding the Curriculum," "New Supervisors," "New Managers," "Quanity Food Production," Techniques of Food Preperation," and the "Art of Baking".

Perhaps the best reflection of the conference's success came in the statements that the students wrote on the conference evaluation forms at the end of the week.

"It was a very educational week, and I enjoyed it. To the staff for all their time and hard effort, thank you."

"The demonstrations for cooking and baking were so interesting .I learned more from the demonstrations than if I had studied it in a book."

"...new ideas and techniques, also the chance to exchange ideas with girls from other towns."

"The very good instructors. They were all very pleasant and helpful. Meeting and talking to other women from other towns about their work."

"The warmth of all I came in contact with throughout the week. It made me feel that I really belong....The teachers were all great and very informative. This was the first time for me and I couldn't be more pleased."

**********READ THE LABEL**********

Reading the nutritional information on package labels may well become the great American pastime. Labels on many canned,frozen , and packaged foods are now detailed enough to actually provide interesting reading and in most cases useful nutritional facts about the food.

Only basic knowledge is required to make use of the information provided on labels. Three main items that appear are: serving size, servings per container and calories. It is advantageous to know these facts when choosing products that will provide the highest amount of protein per serving for the price. For example, if one product has been combined with bread crumbs or chopped vegetables it may cost as much per can as another product but only yield a very few grams of protein per serving. A similar product could have less filler and more meat and so for a few cents more it provides twice the protein.

The serving or portion size is given in a familiar household measure, for example ½ cup or one cup. Regulations say this quanity must "be suitable for consumption as a part of a meal". The standard for what is "suitable" is based on an adult male who is involved in light physical activity.

A second essential number is serving per container. If the portion size is large the number of servings per container will be smaller. However, if the container supplies two cups of a vegetable it is easy to see that eight 1/4 cup servings are available.

The number of calories given for a specific serving is an average for that food. Actual calorie counts may vary some. For instance fruit grown in hot weather is sweeter because it has more sugar and so more calories. As an avocado matures the fat content increases and so the calorie count could double or even triple.

FDA regulations specify that only five vitamins and two minerals must be listed on informational labels. These are the"indicator" nutrients, that is,foods in which they normally occur usually also contain sufficient quanities of all the other nutrients. The five vitamins are Vitamin A, Vitamin C, Thiamin, Riboflavin, and Niacin. The two minerals are calcium and iron.

Nutritional labels also break a product's contents into grams of protein, carbohydrate and fat, because these three are basic nutritional needs in addition to the bodies requirements for vitamins and minerals.

Protein appears twice on most basic labels. The amount of protein in one serving is given in grams. Lower on the label percentage the product supplies of an average persons daily need (RDA) for protein is listed. Protein is important because its amino acids are used

Commodities Expected To Be Available for November 1976.

Beef, Frozen Ground
Turkey, Frozen
Margarine
Cheese for Pizza
Flour, A.P.
Flour,Bread
Beef, Cnd. Natural Juice
Pea Beans
Peaches, Cnd.
Instant Milk
Peanut Butter
Peanut Oil
Macaroni, Hy Pro
Spaghetti,Hy Pro
Shortening
Peanuts, Roasted
Rice
Applesauce
Mayonnaise

Shipping and purchasing difficulties may make some variation in the above list.

Frozen Ground Beef and Patties

The first cars of beef were shipped to our state late in September. These cars plus what we had in inventory made it possible to make the commodity available at one half pound per child. Now that purchasing has started, hopefully you will be offered beef at one pound per child. Half of the purchases will be 3 ounce uncooked patties.

Commodity Order Form

Be certain you have completed your order form properly. In paticular, at the bottom of the sheet on the lines indicated, give the name of the school, the city or town and the name of the trucking company.(carrier) Incomplete orders are the last ones filled.

Proper Storage

With the start of the new school year see that in your storeroom all commodities are off the floor on pallets or racks and at least four inches from the walls. Provide as much ventilation as possible. Order from this office only amounts that you can use in one month, thereby keeping your storeroom from being over-crowded.

Commodity Foods-Early Menus

The Commodity Section would be most grateful if the commodities that appear on the monthly Commodity Ordering Form were not included in your first two week's menus. When you include them in your early menus and the delivery is delayed,there are calls to this office that require our looking up the order,determining when it went to the warehouse, and if the trucking company had been called. All this takes considerable time especially when we get numerous calls,resulting in delaying the process ing of other school orders. In most instances, you will be purchasing foods for your meals that will be served the latter part of the month

so we would like to suggest you serve the meals from the foods you purchase the first part of the month and use the commodity foods the latter part of the month. This will result in faster service to all schools.

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quanities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE : 2 ounces (edible portion as served) of lean meat, poultry, or fish; or two ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quanity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other item.

VEGETABLES AND FRUITS: 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD: 1 slice of whole grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

MILK: 1/2 pint

THE BREAKFAST PATTERN

The breakfast pattern specified in the School Breakfast Regulations for 9-12 year old boys and girls include:

FLUID MILK: one-half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE: one-half cup serving of fruit or full strength fruit or vegetable juice.

BREAD OR CEREAL: One slice of whole grain or enriched bread; or an equivalent quanity of any combination of these foods.

Protein rich foods are encouraged when they can be added to the menu.

SCHOOL LUNCH WEEK----"THE GREATEST SHOW ON EARTH"

Let's celebrate National School Lunch week with a trainload of cafeteria/classroom activities featuring the Universal Menu :

Enlist the art department to help create a genuine circus atmosphere in your cafeteria. Older students or cafeteria aids might wear costumes of the boisterous ring master, fearless lion tamer, or entertaining clown.

Cooperate with teachers of elementary grade students to elaborate on the circus train theme. Have the children make and display a Basic 4 Good Health Express. Each freight car can represent a food group or foods served as part of the lunch. "Klunkers" or extra foods can trail along in the caboose. Intermediate students might use the train to classify foods according to calories and major nutrient groups such as protein , carbohydrate, fat, vitamins, and minerals. (A detailed activity sheet for constructing a food train is available from the Nutrition Education Section of the Bureau.)

Older students might work with younger children in presenting a skit of the "Notable Nimble Nutrients" characterized as circus performers . In one ring there may be the Acrobatic A's featuring carrots, sweet potatoes, and greens; or the calcium carnival of milk, cheese, yogurt, and pudding. In the third ring the Vitamin C Carousel wuld spin with oranges, cabbage, green peppers and potatoes. The acts are endless!

Secondary students can trace the development of the circus since ancient history, featuring foods that would have been treats at these events. They could research and display profiles of famous circus personalities .

We may not be the Ringling Brothers or Barnum and Bailey but we can make the year's school lunch week "The Greatest Show on Earth!"

by our bodies as building blocks. Cells build replicas of themselves with these twenty essential amino acids. Combination of plant and animal protein or a variety of plant protein sources must be consumed inorder to get all the amino acids the body needs.

Carbohydrates are the basic fuel of the human body, an important source of vitamin B and simple sugars.

Fat is the most compact source of food energy and fatty acids. Fat is necessary in the making of hormones, for the cell structures that conduct digestion, maintain the blood vessels, and for sending messages through the nerves to the muscles.

Regulations for enforcement of the fair packaging and labeling act are under the authority of the Food and Drug Administration (FDA). Food producers and marketers comply with the labeling regulations voluntarily and can avoid them if they choose. However, consumers are interested in nutrition and show a growing desire to know more precisely what they are buying before they spend their money. Todays nutrition conscious consumers are more likely to pass over a product that lacks a nutritional information label in favor of a similar product with a label. In this way the shopper may be subtly influencing the success of the FDA's plan for fair packaging and labeling.

REGULATIONS ON COMPETITIVE FOODS

The Massachusetts state regulations for the operation of the National School Lunch Program in a section under 100.12 titled Competitive Food Service state:

> "The sale of a la carte foods to children in elementary, middle and junior high schools during the regular school day shall be restricted to those items recognized as making a contribution to, or permitted by the school to be served as part of a Type A lunch meeting the requirements prescribed in 100.11 (a) and (b) of this part for commodity only schools. This restriction automatically eliminates the sale of candy, tea, coffee, and carbonated beverages.
>
> In senior high schools the sale of candy and carbonated beverages is prohibited during the regular school day. The sale of tea and coffee is prohibited during the lunch period and for one hour before and one half hour after the lunch period."

Unfortunately, this revision (dated April 11, 1974) has been frequently overlooked. If a school is violating this regulation by "harboring" a candy machine or sponsoring regular student cookie/cake bake sales in competition with the school lunch program the SFS director or manager has the responsobility of calling this state law to the attention of the school authorities.

BREAKFAST 1976

According to one source, seven out of ten Americans eat cereal at least one morning in every two week period. Even more impressive is the fact that ready-to-eat-cereals (RTE) actually make up 25 percent of all breakfasts consumed in the U.S..

Cereal Institute President Eugene Hayden remarked at the American School Health Association's 1974 Convention that, "Since fewer foods are now being consumed at breakfast the role of ready-to-eat-cereals has changed from being one of several components of the meal to becoming the main-stay in many breakfasts." However, a little research reveals that ready to eat cereal with milk for breakfast runs second on the American public's preference list. What is first preference? No breakfast!

Data on the eleven most frequently eaten breakfasts was compiled based on the Fourth National Household Menu Census. The resulting list might be more accurately described as the American public's "breakfast habit list" rather than their "breakfast preference list." However, whether we prefer to eat this way or it is merely a habit, below is a chart showing the eleven most frequent at-home breakfast choices of Americans.

Item (s)	Percent%
1. No breakfast	12.5
2. Ready-to-eat-cereal (RTE) with milk	4.9
3. Coffee	4.5
4. Coffee,toast	3.5
5. Juice, RTE cereal with milk	2.8
6. Coffee, eggs, meat, toast	2.2
7. Coffee, RTE cereal with milk	2.0
8. Juice, coffee, toast	2.0
9. Coffee, eggs, toast	1.7
10. Juice, coffee, eggs, meat, bread	1.5
11. Milk, RTE cereal with milk	1.5

MSFSA Notes

If we want to keep our school lunchrooms operating by us and keep Management Companies out- we must prove ourselves capable, we must show we are professionals! To do this, first and foremost, a few cents a day will enable you to become part of our state and national organization for Food Service employees- M.S.F.S.A. and A.S.F.S.A.. As a member you can avail yourself of the many opportunities to learn more about the business you're in, from persons with expertise in School Food Service.

Area meetings are being held throughout the year for your benefit. Attend these meetings!

Come .....celebrate our Silver Anniversary-the 25th Annual Convention of the Mass. School Food Service Association, October 14th-17th, 1976 at Sea Crest Hotel, North Falmouth, Mass. If you are unable to attend all of the convention, we have arranged many different registration package choice one of which will be just perfect for you. The program is educational and social will be enjoyed by all. Plan to attend the "Solution Clinic" and "Watch Stars Being Born" among the many new programs being offered.A visit to the Exibit area will provide new ideas and products for your school lunc program. The theme of the convention, "Let's Put It All Together in '76, is quite a challenge for all of us. As proud food service people we know we can accept this challenge.

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COMMONWEALTH OF MASSACHUSETTS

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IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS

IT'S STUDENTS' CHOICE IN SENIOR HIGH SCHOOLS

The new amendment to the National School Lunch Program, referred to as "Offer vs. Serve" states that senior high school students shall not be required to accept offered food which they donot intend to consume.The purpose of the amendment is to diminish waste of foods with out endangering the nutritional integrity of the lunches.

It is necessary that a complete Type A lunch be offered every day to the high school students,and the new meal pattern consisits of five food items:

GOVERNMENT DOCUMENTS COLLECTION NOV 0 2 1976 University of Massachusetts

1. 2 oz. Meat or Meat Alternate
2. Vegetable/Fruit } two or more to
3. Fruit/Vegetable } total 3/4 cup
4. Bread
5. Milk

In order for the lunch to be considered as a Type A lunch eligible for reimbursement, the student must take a minimum of three of the five food items. The established price of the Type A lunch must be charged to the paying student and the reduced price charged to the student eligible for reduced price meals regardless of the number of items chosen.

With careful planning, imagination, and good management the school food service manager should be able to meet the challenge of producing acceptable meals that the senior high students will eat. Forecasting needs based upon acceptability of offered foods can assure that foods are not wasted on the students' plates or as result of over production. The manager will experience more involvement in analyzing student's food preferences, in good merchandizing techniques and in controlling production. Offering a choice of foods within the various food items is one way that will encourage the students to take all the items.

Quantity requirements must be consisitent with those specified for each food item outlined in the menu pattern.The meat and meat alternate may be served in the main dish and one other menu item. When this occurs, both menu items are required to make up the one food item choice - two ounces of protein.The vegetable and/or fruit component of the Type A lunch should contain at least two food items whose minimum quantity requirements total three-fourths cup.If the student selects two items of the vegetable/fruit requirement, the total quantities must be consisitent with the minimum quantity (3/4 C). However if the student selects only one food item of the vegetable/fruit component then the minimum quantity served must be consistent with the menu planner's planned serving portion. (continued on pages 6 & 7)

RECIPE OF THE MONTH

COCOA BERRY CAKE (4 sheet pans)

Butter	3#-12 oz.
Sugar	6#
Dried Eggs	12 oz.
Water	4 Cups
Cocoa	6 2/3 Cups
Cranberry Sauce	6 Cups (4-1# cans)
Flour	6# 12 oz.
Baking Powder	4 T
Salt	2 T
Baking Soda	4 T
Water	2 Qt. 1 Cup

Cream butter, add sugar and mix well. Add eggs,vanilla, cocoa, and cranberry sauce. Beat till well blended. Combine dry ingredients and add to the above. Slowly add water and mix well. Bake 350 for 20-25 minutes. Frost with Peanut Butter Frosting.

PEANUT BUTTER FROSTING

Confectionery Sugar	6 lbs.
Butter	1 lbs.
Peanut Butter	1 lbs.
Vanilla	3 T
Cocoa	5 T
Evaporated Milk	1 1/2 cans

Mix all ingredients together.

POTENTIAL SPOILAGE PROBLEM IN HAM PATTIES

The U.S. Department of Agriculture (USDA) and Swift and Company jointly warned consumers of a possible spoilage problem involving the 21-ounce size of Swift's canned "Ham in the Round" . No problem has been found in other sizes of this product or with other Swift canned meats, USDA said.

According to USDA's Animal and Plant Health Inspection Service (APHIS), Swift and Company has been voluntarily recalling the canned ham patties and expects nationwide recall to be completed by October 1.

Swift's Ham-in-the-Round is a refrigerated product packed in a metal container. Each 21 ounce can contains 12 ham patties.

The ham patties donot constitute a health hazard; however, in recent months, swollen cans have been reported. The problem involves contamination by food spoilage bacteria, APHIS officials said.

Consumers having the 21 ounce size of the product should return it to the market where purchased, or any market handling Swift products, APHIS said.

COMMODITIES EXPECTED TO BE AVAILABLE FOR DECEMBER 1976

Beef, Frozen Ground
Margarine
Chicken, Frozen
Cheese for Pizza
Beef, Cnd. Natural Juices
Pea Beans
Instant MIlk
Applesauce, Cnd.
Peanut Butter
Peanut Oil
Macaroni, Hy Pro
Spaghetti, Hy Pro
Shortening
Peanuts, Roasted
Rice

Shipping and purchasing difficulties may make some variation in the above list.

NEW ENGLAND STYLED CANNED BEANS

The USDA has offered our state a large quanity of dried beans. In as much as we have a ten month supply of this commodity on hand, we accepted them with the understanding that we would have them processed into a New England Style canned beans. Bids are out on this commodity so that if the commodity is shipped within the next three weeks, they will be available on the December Commodity list.

FLOUR

After advising you in our September Newsletter of the large amount of flour that would be available, we now have no alternative but to advise that sixteen cars of flour (8 A.P., 8 Bread) 1,280,000 pounds which would be arriving in September, October and November, has been cancelled. Consequently the amount on hand will only take care of our needs through October.

The above information does not necessarily mean that flour will not be purchased again this year, as certainly the size of the grain harvest indicates that flour should be made available again.

PROCESS CHEESE

If you are aware of the high price of cheese then you will not be suprised to know that the USDA has discontinued purchasing of process cheese. Our state had eighteen cars still to be delivered. This represents 540,000 pounds. It may be that with a substantial drop in price more purchases will be made, but our supply will be exhausted in October.

YOUR COOPERATION IS APPRECIATED

We wish to thank all school lunch supervisors that were contacted by summer camp directors and accepted the commodities left over when camping season ended. Your cooperation in this matter assists the camps and simplifies the method of what to do with left overs.

COMMODITIES ON ORDER

Since September first, this office has placed orders with the USDA for delivery of ground beef, frozen turkey, frozen turkey rolls, canned green beans, canned apricots canned pears, canned peaches, frozen and canned peas, and frozen chicken.

DELIVERY OF DAMAGED COMMODITIES

Recently a trucking company delivering flour to one of our schools had a number of bags so badly damaged that the supervisor refused to accept them. The driver insisted that this was the way he received them from the warehouse. The supervisor called this office and we assured her that those damaged bags were not shipped from the warehouse. To begin with, the truck driver wouldn't accept this damaged merchandise from the warehouse. As a result of the call from the supervisor, a claim has been made against the trucking company.

FRUIT AND VEGETABLE JUICES

The Type A lunch must contain three-fourths cup of two or more vegetables or fruits or both. Full-strength vegetable or fruit juice may be counted to meet not more than one-fourth cup of this requirement. Fruit and vegetable juices supply about the same nutrients as fruits and vegetables.

Fruit and vegetable juices are easy to prepare and serve and they introduce variety into the menu. A one-fourth cup serving of fresh, reconstituted frozen, or canned juice helps children obtain some of the nutrients that are essential for good health.

The Food and Drug Administration has established a standard of identity for fruit juice beverages. This measure assures the percentages by volume of full-strength juice that is necessary for a fruit beverage to be named as a "fruit juice," "nectar," "Fruit juice-drink," or "ade." For example:

"FRUIT JUICE" contains 100% full-strength fruit juice.
"NECTAR" contains at least 50% full-strength juice.
"JUICE-DRINK" contains at least 30% full-strength juice.
"ADE" contains 15% full-strength juice.
"DRINK" contains at least 6% full-strength juice.
"FRUIT FLAVORED BEVERAGES" made from powders and syrups do not make a contribution to Type A lunch requirements.

Fruit juice drinks make a contribution to the lunch requirement only to the amount of full-strength juice they contain. The use of fruit juice drinks are needed to meet the Type A requirements. For example, if a juice-drink contains 50% full-strength juice, a half-cup of the juice drink would be needed.

-U.S. Department of Agriculture

WRITING SPECIFICATIONS

The best way to assure that you get high quality food for the money you pay and for your intended usage is to buy by specification. Federal standards and the USDA Food Buying Guide (PA-270) are some of the many materials available as guides. Or, manufacturers, processors, and sales-people can supply you with information.

Specifications are simply a word description or definition of the foods you buy. Specifications outline the quality of food you want to purchase. You add the quantity of food you want to purchase. Together they make up your "market order". The amount of food you purchase will vary from time to time, depending on your daily participation, size of servings, cooking waste, etc. The quality or kind of food you buy for a particular item on the menu will vary less often. This means your specifications will vary less. For example, you may have several specifications for one grocery item such as canned tomatoes, depending on the quality required for a specific menu item: one specification describing the quality or kind of tomatoes you serve on the menu as stewed tomatoes; another specification describing the quality of canned tomatoes used in your vegetable soup; and still another type of tomatoes for pizza.

A good specification is clear and simple and yet insures you against making purchasing errors. It is a specific definition. Specifications include:

---------Common name or trade name of the product.

---------Quantity in a container--case, bag, carton, etc.

---------Federal or trade grade or brand desired.

---------Container size and number of pieces in a shipping container.

---------Unit on which price is quoted.

---------Other factors required to complete the specific description, such as variety, type or style, size, portion size or count, syrup density, flavor, type of processing, etc.

*********BE SURE YOU GET WHAT YOU ORDERED!**********

Proper purchasing includes these two important steps ---a careful inspection of all products when the foods are received and proper storage.

Check the quantity and quality of all goods received. Be sure the amounts you actually received are what you ordered. Be sure the quality (grade, style, form, size, etc.) meets your specifications.

On occasion, foods may be delivered automatically, based on an agreement between the buyer and the supplier. Bread and milk are often delivered this way. When this happens make sure someone checks the amount and condition of all the goods against the delivery sheet.

Store all foods properly,immediately afterdelivery, to retain the full food value.

We would suggest that all offerings of fruits and vegetables be served in 1/2 cup portions to insure that whatever is selected will be in sufficient quantity to make a significant nutritional contribution. However, the juice requirement remains the same- that a 1/4 cup or more of full strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement. The following Table illustrates reimbursable and non-reimbursable lunches in a senior high school offering choices.

Table III

Senior High School Serving Choice of Type A Lunches

Type A Pattern Food Items	Planned Type A Lunches Must be made available to all students
Meat/Meat Alternate (2 ounces cooked lean meat or equivalent quantity of alternate)	Oven-Fried Chicken Hamburger
Vegetable/Fruit Two or more to total 3/4 cup Vegetable/Fruit	Mashed Potatoes 1/2 cup French Fried Potatoes 1/2 cup Lettuce/Tomatoes 1/4 cup Seasoned Green Beans 1/4 cup Relish Plate 1/4 cup (carrot, celery, pickles)
Bread - 1 slice or an equivalent	Corn Muffin - 1 Hamburger Roll - 1
Milk, Fluid 1/2 pint	Milk, Fluid; Whole, Lowfat, Chocolate
"Other Foods"	Brownie - 1 Spice Cake - 1 piece Rice 1/2 cup

Reimbursable Type A Senior High School Lunch	Reimbursable Type A Senior High School Lunch	Reimbursable Senior High School Lunch	Reimbursable Senior High School Lunch
Oven-Fried Chicken Rice French Fried Potatoes Seasoned Green Beans Corn Muffin Milk	Hamburger on Roll Lettuce and Tomato French Fried Potatoes Milk, Lowfat Spice Cake	Hamburger on Roll Lettuce/and Tomatoes-1/4 cup. Milk	Oven-Fried Chicken French Fried Potatoes 1/2 cup Milk
TOTAL: 5 required items plus "other foods" items. The Goal	5 required items plus "other foods" items The Goal	4 required food items Vegetable serving size based on planned portion	3 required food items Vegetable serving size based on planned portion

Reimbursable Senior High School Lunch	Non-Reimbursable Senior High School Lunch (1)	Non-Reimbursable Senior High School Lunch (2)	Non-Reimbursable Senior High School Lunch (3)
Oven-Fried Chicken Lettuce, Tomatoes 1/4 cup French Fried Potatoes 1/2 cup	Hamburger Patty Lettuce, Tomatoes 1/4 cup Seasoned Green Beans 1/4 cup	Oven-Fried Chicken Lettuce, Tomatoes 1/4 cup Brownie	French Fried Potatoes 1/2 cup Corn Muffin
3 required items Vegetable portion totals 3/4 cup	3 required items two vegetable portions Do Not total 3/4 cup	Only 2 required food items. Brownie receives no credit	Only 2 required food items.

It is very important to establish adequate a la carte prices for all food items served to cover food and labor costs. If a student does not select three of the five items, you cannot claim for reimbursement and all costs related to his choice must be recovered by their selling price alone. Also, high a la carte prices will make the Type A meal look more attractive economically to the students.

It will be imperative for the cashiers in the senior high schools to be well versed in this new regulation and to be well informed daily of the selling prices established for the various food items.

As not all students will choose milk as an item, we remind you that all milk will have to be accurately counted each day and accounted for with actual counts in order to be sure to get the proper amount of reimbursement. Column 20 of the Daily Meal and Milk Count book will not necessarily equal the sum total of columns of 5,9,14 and 19.

The regulation must be made known to the senior high school students so that the intent is carried out - namely chosing the foods that will be consumed for a nutritious lunch without waste.

This may be publicized through the school newspaper, the student council, student assembly, poster-type notice in the lunchroom, announced over public address system or brochures developed and passed out in the lunchroom.

Approach this new concept of senior high school food service with a positive attitude. This freedom of choice should appeal to the senior high school students and increase not decrease the lunch participation.

SALE OF A LA CARTE ITEMS CONTAINING U.S.D.A. DONATED FOODS

This is written to announce the establishment of USDA policy regarding the sale of a la carte items containing USDA donated foods.

"USDA donated commodities may be used in the preparation of food items for adult and a la carte service as well as lunch and breakfast, provided that such items are also available as components of the Type A meal. The exclusive use of donated commodities in a la carte or adult service is prohibited. It should be understood that donated commodities are allocated on the basis of approved meals served to children and should be used for the purpose of preparing those meals so far as it is practical. The benefits of the commodities must be passed on to the children participating in the approved lunch and breakfast programs."

OUR FOOD PLATFORM FOR ELECTION-1976

Where do your students stand on the food platform for good health? Students in grade 9-12 can now exercise their right to choose foods that maintain a healthy body, help resist infection, and provide energy. But their are many strong pressure groups that can sway an otherwise knowledgeable decision.

With the right press coverage and a little "make-up" our candidate for good nutrition, THE TYPE A LUNCH, can be the winner.

First organize a steering committee of interested students to help campaign for the food platform. (Contact us for the EATER's ADVISORY TEAM GUIDE)

"Go to press" with the good points about a balanced lunch. Stress the importance of such vital planks as proteins, vitamins, and minerals. For campaign posters use nutrient profiles of foods. They represent the daily requirements for protein, calcium, vitamins A and C, iron, and the B vitamins. Adapt old campaign slogans or have students develop new ones to carry the spirit: "I Like Ike" - I Like Iron; "Two Chicken In Every Pot" - Two Ounces of Protein On Every Plate; "All The Way With LBJ" - All The Way With Vitamin A; "54° 40' or Fight" - 54° 40' or The Type A; " Tippecanoe and Tyler Too" - Tippecanoe and Thiamin Too; "Nixon's the One"- Calcium's the One.

For the "make-up" beautify the lowered calorie fruits and vegetables such as juice, tossed salads, cole slaw, orange wedges, or carrot and celery sticks. We know the importance of vitamins A and C, and fiber. It's up to us to sway the student vote in their favor.

Finally when the food platform is presented to our "selectorate" they will be better informed to balance their ballot as they go through the school lunch lines.

A Proclamation

Although National School Lunch Week is over, we would like you to be aware of the proclamation issued from the White House by President Gerald R. Ford.

Productive people are our Nation's greatest natural resource. Americans are agreed on the importance of seeing that every child in our country gets a healthy start in life. Sound nutrition is a vital building block in our children's growth and development. Malnutrition must not be allowed to harm the development of any American child.

Thirty years ago, we demonstrated our concern for our children's well being with the inauguration of the National School Lunch Program. Through it, millions of children have received the benefit of improved nutrition, and therefore a better opportunity for full healthy development.

The National School Lunch Program exemplifies the cooperative spirit that under scores the effort of food producers and distributors, dieticians, educators, parents, civic groups and public officials at all levels of Government to ensure the health and welfare of our Nation's youngsters.

In recognition of the Program's contribution to America's youth, the Congress, by a joint resolution of October 9, 1962 (76 Stat. 779; 36 U.S.C. 168), has designated the week beginning the second Sunday of October in each year as National School Lunch Week, and has requested the President to issue annually a proclamation calling for it's appropriate observance.

NOW, THEREFORE, I, GERALD R. FORD, President of the United States of America, do hereby urge the people of the United States to observe the week of October 10, 1976, as National School Lunch Week and to give special recognition to the role of good nutrition in building a stronger America through it's youth.

IN WITNESS WHEREOF, I have hereunto set my hand this twentieth day of September, in the year of our Lord nineteen hundred seventy-six, and of the Independence of the United States of America the two hundred and first.

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE: 2 ounces (edible portion as served) of lean meat, poultry, or fish; or two ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other item.

VEGETABLES AND FRUIT: 3/4 cup serving consisting of two or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD : 1 slice of whole grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

MILK: 1/2 pint

THE BREAKFAST PATTERN

The breakfast pattern specified in the School Breakfast Regulations 9-12 year old boys and girls include:

FLUID MILK: one half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT, FRUIT OR VEGETABLE JUICE:A one-half cup serving of fruit or full strength fruit or vegetable juice.

BREAD OR CEREAL: One slice of whole grain or enriched bread; or an equivalent quantity of any combination of these foods.

Protein rich foods are encouraged when they can be added to the menu.

POSITION VACANCIES

North Reading Public School system is seeking a Food Service Director. This program involves six schools (2 self-contained kitchens, 1 central kitchen serving bulk to four elementary schools).

Interested applicants should apply in writing Ralph Fritch, Business Manager, North Reading Public Schools, Sherman Road, North Reading, Mass.

Effective December 1, 1976, the position of State Director, School Food Service, New Mexico State Department of Education, will be vacant.

The New Mexico State Board of Education has expressed it's desire to invite inquiries from qualified persons in the fields of Dietetics, Nutrition, or Institution Management, with experience in the management and administrative areas.

Interested parties may write for applications to:

Personnel Services Unit
State Department of Education
Santa Fe, New Mexico 87503

Procurement Standards-"Brand Names"

The Federal First Circuit Court, December 14, 1974, in the case of Whitten Corporation versus Paddock, Inc. was upheld several weeks ago by the U.S. Supreme Court in it's decision regarding Brand Name procurements.

Four major judgements regarding specifications develop from this landmark decision.

1. Proprietary specification (one brand only) is not a violation of anti-trust law. Specifiers make informed judgement on systems and equipment that best serve their clients needs.

2. Other suppliers can qualify as "or equal" only when the specifier chooses to waive specifications or permits the supplier to also bid.

3. The specifier will waive specifications in order to obtain a better product for his client which means that the contractor or vendor cannot make a specification judgement.

4. The burden is on the manufacturer who has not been specified to convince the specifier that his product is equal for purposes of a particular project.

This court's decision makes it easier to answer any protest by a contractor or vendor who may claim the product selected is or not equal. It establishes that the final determination is that of the specifier who must have complete written specifications. The contractor or vendor cannot appeal the decision of the purchaser. Utilization of this decision by your agency can be most beneficial and should be reviewed with regard to your State regulations.

HIGHLIGHTS OF AMENDMENTS TO SPECIAL MILK PROGRAM

DEFINITIONS:

"Milk means pasteurized fluid types of unflavored or flavored whole milk, lowfat milk, skim milk, or cultured butter milk which meet State and local standards for such milk. In Alaska, Hawaii, American Samoa, Guam, Puerto Rico, the Trust Territory of the Pacific Islands, and the Virgin Islands, if a sufficient supply of such types of fluid milk cannot be obtained, "milk" shall include reconstituted or recombined milk. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration and consisitent with State and local standards for such milk.

REQUIREMENTS FOR PARTICIPATION

Make free milk available at least once during each day of operation to needy children as defined in this part and make no discrimination against any needy child because of his inability to pay for the milk.

SCHOOL LUNCH NEWSLETTER MENUS

NOVEMBER ----------IMMIGRANT SPECIAL

Mexican Tamale Pie
German Coleslaw
Greek Ambrosia
Irish Bread, Butter
Migrant's Milk

DECEMBER----------CENTURY III

Buck Roger's Bake
Satellite Green Beans
Crater Vegetable Sticks
2001 Biscuits
Far-Out Freezy
Martian Milk

THANKSGIVING BREAKFAST

Wild Blueberries (fresh or canned berries)
Plymouth Pancakes with Syrup
Milk

THANKSGIVING LUNCH

Hot Turkey Sandwich
Cranberry Sauce
Buttered Corn
Peach Cobbler
Milk

MSFSA Notes

Each one of us who has attended the M.S.F.S.A. 25th Silver Anniversary Convention, has brought back many new and useful ideas for our Food Service programs.But, more than that, we must not forget to carry out the convention theme for this year, "Let's Put It All Together in '76." We have always been concerned with PLATE WASTE. Here is a great challenge for all of us.

This year is The Big Issue. The problem is in full focus, the press, the Congress and the public have 'all eyes' on us. We have to take on the challenge and eliminate this problem of plate waste. They are watching to see how we solve it. And, we must solve it because we need their support if we are to continue to serve nutritious meals to all of our children at school.

Area meetings held throughout the state are the ideal place for discussion on this subject. There innovative ideas for serving students at the secondary level, implementing the new regulation (students choosing any three of the five available food items of the meal) can certainly supply food for thought. This exchange of viewpoints could help many of us in the endeavor. However, we must always keep in mind the importance of encouraging students to choose well balanced meals through nutrition education and by good merchandising practices.

What better time to begin this important task than during this season when special holiday meals, with favorite foods, can be served at school!

MAY YOU ALL ENJOY A VERY HAPPY THANKSGIVING !!

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS
Department of Education
Bureau of Nutrition Education
and School Food Services
182 Tremont Street, Boston, Massachusetts 02111

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MASS. ED 2.3: 976/12

Massachusetts

DECEMBER 1976

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

A MONTHLY REPORT
IDEAS •••••••••••••••• DEVELOPMENTS ••••••••••••••••TRENDS

OFFER VS. SERVE AT THE CONCORD CARLISLE REGIONAL HIGH SCHOOL

Success can be measured in School Food Service by increased participation and a decrease in plate waste. These two characteristics have become a permanent representation of school lunch practiced at the Concord Carlisle Regional High School.

According to present day records the '75 -'76 school year had an enrollment of 1752 students with an average daily attendance of 1659 students. An average of 515 lunches were served daily. The '76 -'77 School year has an enrollment of 1730 students (as of Sept. 1, 1976) and an average daily attendance of 1674. The average daily number of meals served for Sept. '76 was 963. These figures manifest an increase in participation by 100%.

Bob Thorburn, School Food Service Supervisor, and his crew of efficient workers have rearranged the serving area into a "scatter system". He has done away with long lines of waiting students by arranging food choices on several counters. Large attractive signs, suspended from the ceiling, designate what foods are available at the various counters. Students may go directly to the counter to select the foods of their choice.

The students are attracted by a colorful display of foods at each of the counters that offer a hot Type A lunch, including entree, potato,

vegetable, salad plates, grilled frankfurters or hamburgers or grilled cheese sandwiches with french fries, cold sandwiches made on a variety of breads such as submarine rolls, egg salad on school baked white or wheat bread, tuna fish salad in Syrian bread. The dessert counter offers school baked brownies, cookies, muffins and fruit shortcakes fresh apples, dishes of canned fruit and soft-serve icecream. Whole or low fat milk is available.

The wide variety of foods allows the students a choice of the food that they will eat.

The lunches at Concord Carlisle are offered at two prices; forty-five cents and thirty-five cents. The thirty-five cent lunch provides the student with a complete nutritious lunch at a lower cost, due to the wise use of the U.S.D.A. commodities. These two prices include a 1/2 pint of milk, main dish, vegetable, fruit , salad, and rolls.Tuna sandwich, hamburgers, frankfurters, and french fries are offered every day. A green or chef's salad is alternated with variations of cole-slaw and there is a different complete salad plate each day.

The kitchen staff consists of 19 women and one man. The women rotate among 16 different designated stations weekly. By weekly rotations the girls know every job and can help or substitute for one another without interrupting the steady flow of work. The cook-manager designs the menus and through years of experience and well kept records determines the amount of food needed each day. The staff is friendly to the students, and is willing to prepare, within reason, any special request, thus making sure that a student does not go without lunch.

The plate-waste for three twenty minute lunch periods amounted to a minimal amount of waste. The students are satisfied with the

quality, the choice of foods, and the quick service.

Contented students, high quality food. minimal plate waste, and an increase in participation are the signs of successs with the new "Offer vs. Serve" in the Concord Carlisle Regional High School.

The "Scatter System" at Concord Carlisle Regional High School.

Plate Waste After 3- twenty minute lunch periods.

COMMODITIES EXPECTED TO BE AVAILABLE IN JANUARY

Margarine
Cheese for Pizza
Process Cheese
Chicken, frozen
Beef, Ground Frzn.
Peanuts, Whole Roasted
Beef, cnd.
Pea Beans
Peanut Butter
Peanut Oil
Macaroni, Elbow Hy Pro
Spaghetti, Thin Hy Pro
Instant Milk
Shortening
Peaches, cnd.

Shipping and purchasing difficulties may make some variation in the above list.

COMMODITY OUTLOOK

Applesauce	None for this crop year, but maybe before fiscal year ends.
Frozen Chicken	First two layers in the box will contain all the cuts that meet the 2 oz. requirement, and the bottom layer will have the odd sizes.
Dry Milk	USDA is not planning to donate this item for schools this year. Don't be concerned. We have nearly a year's supply.
Frzn. French Fried Potatoes	A demonstration was conducted using USDA French Fries and commercial brands. The USDA fries came out much better except for color. Next year the color standard will be from 0 to one, which will allow for lighter colored potatoes.
Butter	The market has been dropping rapidly, which may mean purchases will be made.
Flour	The law says this item will be given to schools, but the catch is, no quantity is mentioned.
Juice Concentrate	This program will be as big or bigger than last year.
Rice	Our supply is temporarily exhausted, but large shipments are expected within the next few weeks.

Disaster Feeding

In our Newsletter of September 1975, we advised you of a change in disaster feeding--Commodities could not be used.

As of September 1976, the US Department of Agriculture advised that the information of September 1975 is to be disregarded and that as in the past, commodities shall continue to be available to disaster relief agencies. Section 6 foods should not be used. If they are, they must be replaced in kind or equal value.

Orange Concentrate

Earlier we had been advised that this commodity wouldn't be available until after the first of the year. In as much as orders are being placed for shipment, we hope for delivery early in December. It is the intent of this office to have the 12/32 ounce cans of concentrate for those wishing to make their own juice, and the 72/4 oz. reconstituted for those who want them for their satellite programs.

Frozen Lemon Juice Concentrate

The USDA has announced that it intends to buy frozen lemon juice concentrate, 3 plus one strength, unsweetened. This office has indicated that if this product is available, we will order a very limited quantity.

TYPE A MENU REQUIREMENTS

The Type A lunch must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE: 2 ounces(edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement. these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS: 3/4 cup serving consisting of two or more vegetables or fruits or both, in raw or cooked form. A serving(1/4 cup or more) of full strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD: 1 slice of whole grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

FLUID MILK: 1/2 pint

BREAKFAST PATTERN

FLUID MILK: One half pint of fluid milk served as a beverage or on cereal or used in part for each purpose.

FRUIT,FRUIT OR VEGETABLE JUICE:
A one half cup serving of fruit or full strength fruit or vegetable juice.

BREAD OR CEREAL: One slice of whole grain or enriched bread; or an equivalent quantity of any combination of these foods.

Protein rich foods are encouraged when they can be added to the menu.

MENU OF THE MONTH

DECEMBER

Century III
Buck Roger's Bake
Satellite Green Beans
Crater Vegetable Sticks
2001 Biscuits
Far-Out Freezy
Martian Milk

County Meeting Recipes

Steak Pizzaiola

(pan-12 x 15 24 servings)

5 cans of canned beef
1/2 #10 can of crushed tomatoes
Oregano
Basil
Salt and Pepper
Garlic Powder
Oil
Grated Parmasan Cheese

Remove all fat from can and let the meat drain in solid piece. Using a knife cut each piece into 4 or 5 sections. (making sure each piece does not fall apart) 4x6 each pan

Spoon crushed tomatoes over entire surface. Sprinkle with remaining ingredients in order given. Bake at 350^0 for 45 minutes. Remove from oven and add USDA pizza cheese while hot.

Serve with macaroni and tossed green salad.

The Food and Nutrition Information
and Educational Materials Center
National Agricultural Library
Room 304
Beltsville, Maryland 20705

FRUIT COCKTAIL CHERRIES NOT DYED WITH RED NO. 2 or 4

In view of the widespread publicity regarding the Food and Drug Administration's actions banning the use of Red Dye No.2 and No.4 in food, a major canned fruit factor in California posted customers and brokers that none of it's products contain these coloring agents. Further, it noted, "The reference to 'Maraschino Cherries' by the media is misleading and in no way reflects upon the cherries used in canned Fruit Cocktail and Fruits for Salad.

National Canners Association further clarified that cherries in fruit cocktail "receive their color from Red No. 3, a compound known as Erythrosin, which is specified as safe for coloring foods" under Food and Drug regulations. The association added that all of the some 20 million cases of fruit cocktail passed last year, "and in past years, contain cherries processed.....with Red No. 3.

IN MEMORIAM

• It is with regret that we announce the sudden death of Mrs. Margaret Mac Millan, School Food Service Supervisor in Auburn.

Mrs. Macmillan was a pioneer in school food service having supervised the Auburn program for twenty-eight years.

She was a dedicated, gracious lady who will be sadly missed by all who knew her.

We extend our sympathy to her family and friends.

F.P. 6-B
Revised 7/1/75

MASSACHUSETTS DEPARTMENT OF EDUCATION
BUREAU OF NUTRITION EDUCATION AND SCHOOL FOOD SERVICE
National School Lunch, Breakfast and Special Milk Programs
FINANCIAL REPORT AND MEAL COST ALLOCATION

AGREEMENT NO. _____

MONTH & YEAR _____

Name of School

Address

Name of Sponsor

Address

1. Actual Cash Receipt for the Month
   - A. Opening Cash Balance _____
   - Add — Income From —
   - B. Sales to Children _____
   - C. U.S.D.A. Claims _____
   - D. Sales to Adults _____
   - E. All Other Income _____
   - F. Total Cash Available _____
   - G. Minus Total Expenditures (Sec. 2-Item E) _____
   - H. Closing Cash Balance (F minus G) _____
   - I. Claims Receivable _____
   - J. Cash Value of Inventory _____
   - K. Total Assets (H plus I plus J) _____
   - L. Minus Unpaid Bills (Sec. 3-Item D) _____
   - M. Net Worth (K minus L) _____

2. Actual Cash Payments for Month
   - A. Food _____
   - B. Labor _____
   - C. Other _____
   - D. Equipment _____
   - E. Total Expenditures _____

3. Unpaid Bills
   - A. Food _____
   - B. Labor _____
   - C. Other _____
   - D. Total Unpaid Bills _____

4. Payment from Appropriation
   - A. Food _____
   - B. Labor _____
   - C. Other _____
   - D. Equipment _____
   - E. Total Payment from Appropriation _____

5. Cash Value of Federally Donated Foods Received During Month

6. Allocation of Cost Per Program to Produce Meals Claimed —

	School Lunch	Breakfast	Special Milk	A La Carte & Adult Meals	TOTAL
1. Total Students Served	6000	1000	2000		
REVENUE:					
2. Sales					
3. Other					
COSTS:					
A. Purchased Food Used	3,240.00	280.00	170.00	1,910.00	5,600.00
B. Value of Commodities Used					
C. Direct Labor	587.50	131.25	37.50	225.00	981.25
D. Supplies and Service Used	240.00	52.00	16.00	92.00	400.00
E. Equipment Depreciation					
F. Other Donations Used					
G. Reported Indirect Cost	60.00	13.00	4.00	23.00	100.00
H. Total Costs	4,127.50	476.25	227.50	2,250.00	7,081.25
COST PER MEAL (H ÷ 1)	68.79	47.63			

_____
Signature of Authorized Representative

DO YOU KNOW YOUR FNIC?

No, It's not a new breakfast cereal or meat substitute - it is the Food and Nutrition Information and Educational Materials Center, in Beltsville, Maryland.

FNIC provides school food service personnel with helpful information on nutrition education and school food service training for child nutrition programs. It collects, maintains, and disseminates audiovisual aids, and print materials such as books, leaflets, journal articles and bibliographies. These materials are available on free loan from two weeks (for film, filmstrips, etc.) to one month (for print materials). Other services include photocopying articles and providing computer searches for requested topics.

Catalogs of the available materials will be sent on request to every school food service director. Each catalog contains abstracts of the materials and instructions for ordering them. By asking to be placed on the mailing list, supplemental issues will also be sent.

Through researching FNIC catalogs for current information and techniques, and using the audiovisual aids that are available, we can plan better training programs for our staff.FNIC also gives us the ideal opportunityfor reinforcing our role as a valuable resource, since these catalogs are available only to school food service personnel. With your help, a teacher can now order, preview, and use a wide variety of nutrition education materials.

Now that we know what FNIC is - let's put it to work. Contact:

FORMAT FOR COST OF FOOD USED ALLOCATION WORKSHEET

Cost of Food Used:

Beginning Inventory	1,000.00	
Add: Purchases (Inc. Milk)	5,700.00	
Total Food Available		6,700.00
Minus: Ending Inventory		900.00
Total Cost of Food Used		5,600.00

Food Cost By Program:

Program	Average Food Costs	x	Monthly Participation	=	Food Cost By Program
Lunch	.54		6000		3,240.00
Breakfast	.28		1000		280.00
Milk 1/	.085		2000		170.00
			Total		3,690.00

Program	Total Cost Of Food Used	—	Breakfast, Lunch And Milk Costs	=	A La Carte Food Costs
A La Carte	5,600.00		3,690.00		1,910.00

Allocation Percentages:

Program Food Cost Divided By Total Cost of Food Used			Percent
Breakfast / Total Cost of Food Used	280.00 / 5,600.00	=	5
Lunch / Total Cost of Food Used	3,240.00 / 5,600.00	=	58
Milk / Total Cost of Food Used	170.00 / 5,600.00	=	3
A La Carte / Total Cost of Food Used	1,910.00 / 5,600.00	=	34
	Total	=	100

1/ Average food cost for milk is suppliers charge per 1/2 pint.

Schoolhouse Cookies

9 lbs. of Sugar
4 lbs. of Shortening
2 oz. of Baking Soda
4 oz. of Salt
1/2 oz. of Nutmeg
2 lbs. of eggs
2 lbs. of Raisins (ground)
1 lbs. of chopped nuts
11 lbs. of Pastry Flour
1 lb. of Water

Place all ingredients into machine mixing bowl and mix for two minutes on second speed.

Scale dough into 1 pound pieces. Roll out into rope like form and cut 20 equal pieces.

Place on cookie sheet (parch.paper lined). Bake at 400^0 for 12 minutes.

NOTE: This mixture may be kept in refrigerator for several days or 1 or 2 weeks.

Star Tube Butter Cookie

Granulated Sugar	1 lb.-14 oz.
Butter or Margarine	3lbs.-12 oz.
Egg whites	12 ozs.
Bread Flour	4 lbs. -14 ozs.

Method of preperation:

1. Cream together until light, the sugar and the butter.
2. Add egg whites slowly while continuing to cream mixture.
3. Scrape bowl, continue mixing.
4. Add bread flour and beat until smooth and light texture.
5. Press out on paper lined sheet pan in desired size and shape using a star tube.
6. Mixture can be seperated and colored in assorted colors before pressing out.
7. Bake at 375^0 until light brown on the outer edge appears.
8. Thin cookie keeps very well.

*These recipes were submitted by Mary Lovely.

COST ALLOCATION

Because of the continued complexity and cost of the Child Nutrition Programs, careful use must be made of limited federal, state and local resources in order to benefit the children and assure that these funds are directed to those purposes for which they are made available.

A sound financial system is fundamental to effective management. Greater Fiscal accountability is required from all levels of government.

A system of cost based accountability strives to improve the financial management at the federal, state and local level.

On the federal level it provides a clearer indication of program needs. F.N.S. will then be in a better position to evaluate its annual budget.

On the state level, cost-based accountability will provide greater equity in assigning rates of payment to school food authorities.We will be in a better position to evaluate the fiscal operation of each program. Cost-based accountability will disclose problem areas and provide a basis for improved management analyses and assistance.

On the local level, cost-based accountability will provide more consistent standards of record keeping to determine cost per meal data. School food authorities will have a better understanding of the financial status of their programs.

1. Full implementation of the cost-based system shall be required by June 20, 1977. By October 1, 1976 this office is required to assure implementation of sections of this system (1)

The initial stages of allocation of cost must begin immediatly. Therefore we have enclosed basic instructions of the completing of Section 6 of the FP-6B, Financial Report and Meal Cost Allocation.

To allocate the total food cost to each program an average cost per meal must be known. This average cost will be the actual food costing of menus for a period.

If such data is not available, the average cost can be computed from known market prices of various components averaged to reflect several of the meals being served.

This unit cost multiplied by the actual number of meals served during the period will establish a food cost by program. A la carte food cost will then be the total cost of food used minus breakfast, lunch and milk cost.

ALLOCATION OF PERCENTAGES:

Program food cost divided by total cost of food used.

This percentage will be used on all monthly claims until you decide to compute a new percentage.

Included you will find an illustrative sequence that should be used. A la carte cost are indicated as a reasonable estimate after deducting estimates of the three programs which receive federal funding.

1. Total students served during the month reporting

   Refer to FP-6- Column B
   Line 1-Total student lunches
   Line 6- Total student Breakfast
   Lines 13&14- Total milk to students

COST ALLOCATION-
   Total allowable cost for the period reporting must be computed-
   Format for calculating the cost of food used

Beginning inventory plus receipts, minus ending inventory, equals cost of food used.

1. Stock on hand at beginning of period (A) $_____

2. Inventory adjustment-Plus or minus _____

3. Food purchased and received during period _____

4. Total food available _____

5. Less- Total stock on hand at end of period. Include less-than case lots and in kitchen (B) _____

6. Total cost of food used during period _____

(A) This includes milk, less than case lots in store room and miscellaneous unopened stock in kitchen _____

(B) This will be the beginning inventory for next period. Line 6 will be the total of purchased food used-A-Section 6. FP-6B

Determining percentages to be used for the distribution of labor expended:

A program distribution labor worksheet must be developed to distribute labor hour costs for each employee to food service programs and develop percentages by programs which can be used to calculate other operating costs on a program by program basis.

Basic data is drawn from both the employee payroll records and the employees time and attendance records. The time and attendance record should be designed to require entry of hours worked on each program by the employee.

A sample worksheet has been prepared to show the gross pay distribution for six employees to the programs which receive federal reimbursement and to other food programs. The gross pay for each program divided by the gross payroll will establish the percentages to use for all payroll distributions.

This sample worksheet is for a normal two week period.

This worksheet represents a school that has six employees. The cook, assistant cook and baker work 7.5 hours per day, two helpers work 5 hours per day, and the cashier 3 hours per day.

The allocation shows that the cook assistant cook and baker have their time distributed the same, 1.5 hours per day on breakfast, 4 hours on lunch and two hours on a la carte; helper #1 works 4 hours on the lunch, 1 hour on the milk program; helper #2 works 4 hours on lunch, 1 hour on a la carte; cashier works 1.5 hours per day for lunch, 1/2 hour on milk program and 1 hour on the a la carte service.

The gross pay for each program accounts for the following percentages of total:

Breakfast Total	131.25 981.25	=	13%
Lunch Total	587.50 981.25	=	60%
Milk Total	37.50 981.25	=	4%
A La Carte Total	225.00 981.25	=	23%

Selecting a Base for Distributing Other Costs. Using one of the two methods just described, all of the other costs can be allocated to programs. For example, expendable equipment and other nonfood supplies used during the period can be distributed by using the percentages computed in the food-used allocation base method or figured by using percentages computed in the labor distribution base method.

The two alternatives for allocation of all costs to food service programs have been tested and found to give acceptable results. They are the preferred methods and are recommended for use by all Food Service Directors. However, there could be conditions involving a school food authority of exceptional size, or having a high level of automation in the record keeping process, or otherwise unusual in structure which will dictate a need for further development of alternative allocation methods. In the event of such an exception to the recommended methods, alternatives should be directed toward meeting the special condition by making reasonable approximations justified and clearly documented for review.

Depreciation of food preparation, serving and related equipment (including transportation equipment) is considered an allowable cost element in computing the cost of a Type A lunch.

Expendable Items are not depreciated.

Items of Food Service equipment having a unit cost of less than $50.00 are considered expendable. Generally items such as cutlery, flatware, dishware, pots, pans serving utensils are placed in this category.

Accountable items---- All Food Service equipment having a unit cost of more than $50.00 are considered accountable items.

All accountable food preparation and serving equipment is considered as having a useful life expectancy of 12 years.

Food Service equipment over 12 years old is considered fully depreciated and cannot be included in the value of the equipment on hand.

A booklet on depreciation procedures will be developed and sent to you.

In the illustration of Section 6 of the FP-6B you will note supplies and services used -$400.00. This represents detergents, paper goods, transportation, expendable equipment and other non-food supplies. We have used the percentage developed from the labor worksheet to allocate a portion to each program.

6 Indirect Cost- This will include costs that can be identified with the food service but paid by the employer. Such as, medical and life insurance for employees. Teacher aids- utilities (electricity, gas and water) rubbish collection and custodian services.

				BREAKFAST		LUNCH		SPECIAL MILK		A LA CARTE		TOTAL	
Name	Title	Hr.	Rate	Hr.	Dollars	Hr.	Dollars	Hr.	Dollars	Hr.	Dollars	Hr.	Dollars
. Baily	Cook	75	$3.00	15	45.00	40	120.00	0		20	60.00	75	225.00
. Rose	Asst. Cook	75	2.75	15	41.25	40	110.00	0		20	55.00	75	206.25
. Smith	Baker	75	3.00	15	45.00	40	120.00	0		20	60.00	75	225.00
. Jones	Helper	50	2.50	0		40	100.00	10	25.00			50	125.00
. Blue	Helper	50	2.50	0		40	100.00	0		10	25.00	50	125.00
. White	Cashier	30	2.50	0		15	37.50	5	12.50	10	25.00	30	75.00
TOTAL					131.25		587.50		37.50		225.00		$981.25
%					13 %		60 %		4 %		23 %		

MSFSA Notes

At this time of year the spirit of Love abounds in everyone. It's Christmas!
A time for giving not merely material gifts but giving of our selves-the most precious gifts of all- a warm smile, a cherry greeting, a word of praise, a helping hand, a little extra effort to please someone. These are all ours in abundance to give. We in School Food Service are in an excellent position to share these gifts with our fellow-workers and with all the children in our lunchrooms especial during this holiday season. What a joyous time it can be for all of us.
However, let's not forget ourselves. We have personal satisfaction which we enjoy in belonging to our professional organization - M.S.F.S.A. We can give ourselves the gift of Strength in our association by encouraging an other person to join us OR this could be your holiday gift of membership to yourself or to someone else who is not yet a member.

Merry Christmas and Best Wishes for continued success in our School Food Service endeavor in the coming year.

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